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#Limited time lease offers based on new 2014 Honda models. Lease examples based on a new 2014 Accord LX, model CR2E3EE/2014 CR-V LX 2WD, model RM3H3EES/2014 CR-V SE 2WD, model RM3H3EES/2014 Odyssey LX, model RL5H2EE/2014 Odyssey SE, model RL5H3EE, available through Honda Financial Services on approved credit. \$4.49%/2.99%/2.99%/3.99%/3.99% lease APR for 60/60/60/60/60 months. Bi-weekly payment, including freight and PDI, is \$146.00/\$148.00/\$153.00/\$183.00/\$194.00. Down payment of \$0/\$0/\$0/\$0/\$0, environmental fees, \$0 security deposit and first monthly payment due at lease inception. Total lease obligation is \$18,980/\$19,240/\$19,890/\$23,790/\$25,220. Taxes, license, insurance, environmental fees and registration are extra. 120,000/120,000/120,000/120,000/120,000 kilometre allowance; charge of \$0.12/km for excess kilometres. Retailer may lease for less. Retailer order/trade may be necessary. †MSRP is \$25,630/\$27,630/\$31,630/\$33,630 for a new 2014 Accord LX, model CR2E3EE/2014 CR-V LX 2WD, model RM3H3EES/2014 CR-V SE 2WD, model RM3H3EES/2014 Odyssey LX, model RL5H2EE/2014 Odyssey SE, model RL5H3EE, and includes \$1,640/\$1,640/\$1,640/\$1,640/\$1,640 freight and PDI. Taxes, license, insurance, environmental fees and registration are extra. Retailer may sell or lease for less. Retailer order/trade may be necessary. #/£/† Prices and/or payments shown do not include a PPSA lien registration fee of \$10.76 and lien registering agent's fee of \$5.25, which are both due at time of delivery. Offers valid from November 1, 2013 through November 30, 2013 at participating Honda retailers. Offers valid only for Alberta residents at Honda Dealers of Alberta locations. Offers subject to change or cancellation without notice. Visit HondaAlberta.ca or see your Honda retailer for full details.

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## Space dust roasting on a fiery comet

Cosmic traveller could appear  
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## THERE'S BEEN A TERRIBLE EXPLOSION — OF PUPPIES!?

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## PLAYING IT COOL

Edmonton Oilers Captain Andrew Ference signs a photo for Dante Miguel, 4, at the Stollery Children's Hospital Wednesday. A handful of Oilers were on-hand at the children's hospital to talk and sign autographs for kids and parents. **STEPHANIE DUBOIS/METRO**

# Buy 1, give 1 meal program enlists more restaurants

**Mealshare.** Food  
service helps donate  
meals to those in need

LUCY  
HAINES  
edmonton@metronews.ca

A program allowing diners to share their dinner-table bounty with those in need is expanding to more local restaurants.

Mealshare is the brainchild of 23-year-old Jeremy Bryant and his cousin Andrew Hall, two business-school grads who wanted to find more meaning in their work, especially after a youth that included volunteering in the inner city and traveling to impoverished countries.

"We were struck that so many people can't afford to eat, not just internationally, but here too," said Bryant, who

operates Mealshare in Edmonton and Calgary while Hall works with Vancouver and Victoria-based restaurants and charities.

For diners, it's an easy premise to follow. Choose a Mealshare-branded menu item from your favorite local, independent restaurant, and a meal will be donated to someone in need.

Culina Muttart, Noorish Cafe and Creole Envie were first on board, and this month three more local restaurants are joining in: Blue Plate Diner, Tiramisu Bistro and Niche.

"We look for ways to contribute to the community, and so do our customers. This program is well-organized and simple to use," said Blue Plate Diner co-owner John Williams. "And I like that it's the Hope Mission we're helping."

Hope Mission has received 350 donated meals since



Blue Plate Diner co-owner Rima Devitt shows off a meatloaf sandwich lunch offering. **METRO**

Mealshare began in July 2013. Devon Komarniski, communications coordinator at Hope Mission, said getting the donated meals means the agency can spend its resources elsewhere.

"We wanted to partner with Hope Mission, because it provides more than food, including help with addictions, job training. It creates lasting change, and that's important to us," Bryant said.

Mealshare.ca features links to participating restaurants.

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Corolla S shown.

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A festive Christmas-themed advertisement for H&M. Three models are posed in a richly decorated room. In the foreground, a woman with long dark hair sits on a blue velvet chair, wearing a black sweater with a large, detailed owl graphic and black leather leggings. Behind her, a woman with long blonde hair stands, wearing a grey and white patterned sweater. To the right, another woman with dark hair sits, wearing a black top with a white fur collar and black leather leggings. The background features a Christmas tree, wrapped gifts, and a wooden cabinet with various decorative items. The overall atmosphere is warm and celebratory.

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GIFTS AT H&M

**H&M**

Health care

## Cancer treatment centre opens in Red Deer

People living in central Alberta are getting some help with cancer treatment closer to home.

Premier Alison Redford was on hand in Red Deer for the opening of the Central Alberta Cancer Centre Wednesday.

It is linked to the Red Deer Regional Hospital and has four times the clinical space of the cancer care centre it is replacing.

The centre will handle an expected 15,000 patient visits in its first year while its radiation facilities will treat more than 600 cases annually.

THE CANADIAN PRESS

Cold Lake

## Mountie allegedly filmed kicking handcuffed man charged

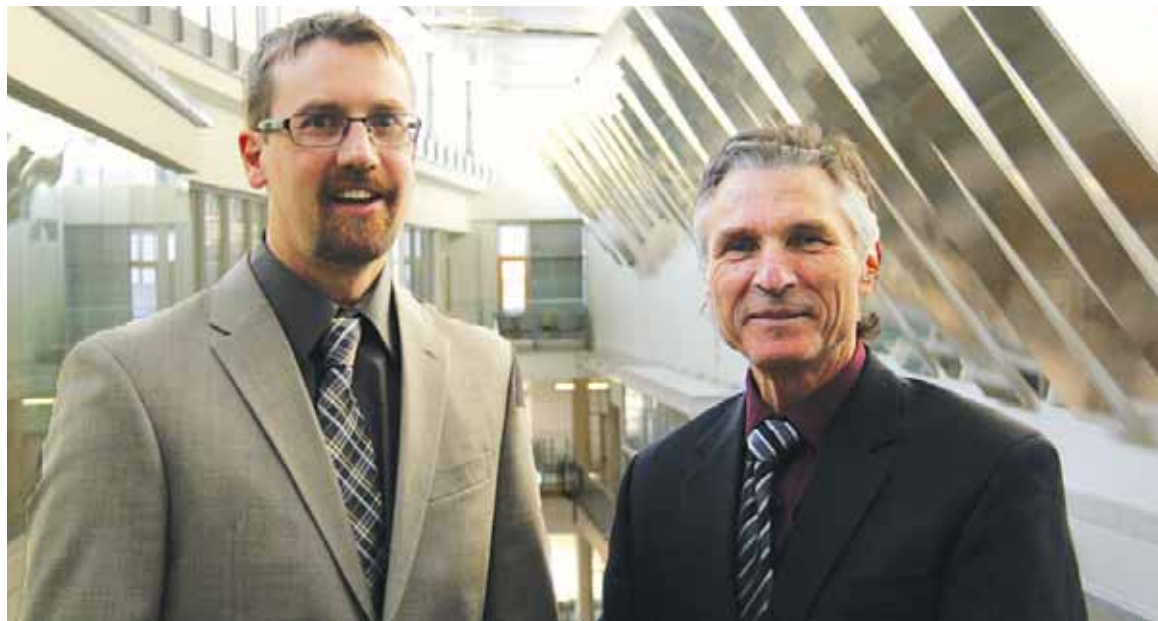
A Mountie posted to a community in north-eastern Alberta has been charged with assault.

RCMP say Const. Chad McRae of the Cold Lake detachment was charged over an arrest made on Sept. 21, 2012.

A video of an arrest in the Cold Lake area taken at the time shows a Mountie kicking a handcuffed man in the face.

The video of Richard Claybert, who is hearing impaired, was uploaded to YouTube. Police say McRae remains on duty and is to appear in Cold Lake provincial court on Jan. 8.

THE CANADIAN PRESS



Stan Boutin, left, and Scott Nielsen were named as the two new recent chairs and will have \$4 million to study the impact the oilsands are having on biodiversity.

RYAN TUMILTY/METRO

# Oilsands research chairs announced

**Biodiversity.**  
Two tasked with understanding, mitigating impact of industry



RYAN TUMILTY  
ryan.tumilty@metronews.ca

Two researchers studying the impact the oilsands are having on the province's biodiversity got a \$4-million boost Wednesday with the announcement of two new research chairs at the Uni-

versity of Alberta.

Funding for the two new chairs will come largely from the industry itself through Canada's Oil Sands Innovation Alliance, which is putting up \$1.75 million for the research.

"We want to see an increased understanding of the cause-effect relationships and better ways to manage it," said Lloyd Visser, who sits on the group's board.

Stan Boutin, one of the two named chairs, said it is important to work on ways to mitigate the impact of the industry because the industry is only going to continue to expand.

He said it is tempting to consider closing down the area to development to protect animals, but it isn't practical.

"We want obtain some sort of mix between bioiversity and development of the resource sector, so there might be situations where we push to have protected areas, but they can't be all encompassing," he said.

With recent budget cuts across the post-secondary system, both men say the funding for their research is secure, but the government should still be investing more in the system.

"We are working in real

Industry funding

Alberta Innovates, the Natural Science and Engineering Research Council and the University of Alberta are also helping fund the chairs.

- Despite the industry funding, the researchers say they have been assured their research will be publicly available and independent.

world problems. This is not some academic question with no impact," said Nielsen.

1 NEWS



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# Food for the festive season

**ETS. Stuff A Bus**  
Campaign aims to  
fill food bank shelves  
through annual effort

LUCY  
HAINES  
edmonton@metronews.ca

Edmontonians are once again being asked to load transit buses with non-perishable food to help ease hunger in the city through the annual ETS Stuff A Bus campaign.

Marjorie Bencz, executive director of Edmonton's Food Bank, said the ETS campaign has become a major food drive during the festive season.

"Our goal this year is \$1.1 million and 235,000 kilograms of food," she said. "We serve over 12,000 with hampers each month, so these donations help us now and into 2014."

Stuff A Bus project manager Marvin Babiuk said ETS staff drive the campaign each year, wanting to help the community however they can.

"Hunger doesn't discriminate. Life events, job losses, illness — they can happen anytime, and the food bank is here for the entire commu-

## Collection

ETS collected over 21,000 kilograms of food and \$13,000 in 2012. This year's goal is to fill 15 40-foot buses with non-perishables.

- Buses and volunteers will be at Save on Foods throughout Edmonton and at select transit centres Nov. 27-30. On Saturday, Nov. 30, buses will be at all Save On Foods locations from 8 a.m. to 4:30 p.m.

ity when there's a need," said Babiuk.

Edmonton's Food Bank works with several city agencies, including Crystal Kids Youth Centre, which serves over 24,000 meals each year to kids from 6 to 17 years. It's also a food bank depot, providing weekly hampers to families in need.

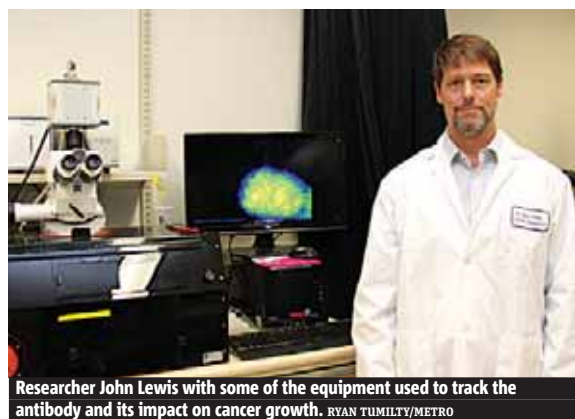
"We couldn't exist without the food bank. When people feel vulnerable, it's hard to ask for help, but the need is there," said Crystal Kids executive director Miri Peterson.

Visit [www.takeETS.com/StuffABus](http://www.takeETS.com/StuffABus) for more information.



Stuff A Bus project manager Marvin Babiuk helps unload non-perishables at Edmonton's Food Bank. The festive campaign aims to fill food bank shelves for Christmas giving. LUCY HAINES/FOR METRO

## U of A researcher part of prostate cancer finding



Researcher John Lewis with some of the equipment used to track the antibody and its impact on cancer growth. RYAN TUMILTY/METRO

Men with a prostate cancer diagnosis might soon have more information about whether their cancer is likely to come back.

U of A researcher Dr. John Lewis worked with researchers in the United States demonstrating that an antibody can predict whether a man's prostate cancer will return.

The research tested an antibody that has been demonstrated to have an impact on prostate cancers. By following up with 138 patients, they discovered that those who had the antibody were much more likely to see their

cancer reoccur within 10 years.

Lewis said the discovery means doctors should be able to determine which patients need aggressive treatment and which might not.

"We are actually diagnosing a significant number of prostate cancers and a significant number of those prostate cancers aren't clinically dangerous for the patient," he said.

Lewis said the hope is that some patients could just be closely watched rather than facing aggressive surgery or chemotherapy.

## Next steps

The study looked at former patients over the last 12 years and tracked whether their cancer returned within 10 years.

- The team's next step is a broader study of patients across Alberta and they hope to develop a blood-based screening test for the antibody.

"If we are able to validate this study, it will identify a

subset of patients that could go on active surveillance programs instead of having immediate surgery," he said.

The Alberta Cancer Foundation helped fund Lewis's research, and said projects like this that lead to better cancer care are exactly what they hope to continue doing.

"We are always looking to invest in research that is clinically relevant and will give results within a two to five year time-frame and this is one of those," said Raja Mita, the foundation's director of program investment.

RYAN TUMILTY/METRO

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## Medicine Hat

## Officials suggest evacuating over toxic trash fire

A fire that has been burning in a southern Alberta landfill since Monday has prompted officials to issue a voluntary evacuation order.

Dennis Mann, Cypress Country fire chief, said toxic materials burning

at the Westar landfill east of Medicine Hat can pose health risks.

"There's a lot of asphalt shingles, insulation, plastic, aluminum siding, vinyl siding," Mann said Wednesday.

He said the voluntary evacuation covers a three-kilometre radius around the blaze.

He said only one of 25 people living in the area has chosen to leave.

THE CANADIAN PRESS

## To the top

## U of A Students' Union brings laundry list of grievances to Ottawa

Members of the University of Alberta Students' Union are in Ottawa talking with anyone who will hear them.

As part of the Canadian

Alliance of Student Associations, representatives are bringing forward concerns regarding international students and the Canadian Student Loan program.

"There's a broad variety of things we're working on here," said Adam Woods, vice-president external for the University of Alberta Students' Union.

Members of the union will be in Ottawa for discussions until Friday.

STEPHANIE DUBOIS/METRO

# Time nearly up to review city budget

## Friday deadline.

Hundreds of people have already opined on how city should spend

## Speak your mind

City councillors will begin debating the budget in early December.

- People can log onto [edmontonbudget.com](http://edmontonbudget.com) to enter their opinions.



STEPHANIE DUBOIS

[stephanie.dubois@metronews.ca](mailto:stephanie.dubois@metronews.ca)

More than 1,700 people have visited the city's website to view Edmonton's budget, with over 480 people submitting their thoughts on how things should be done.

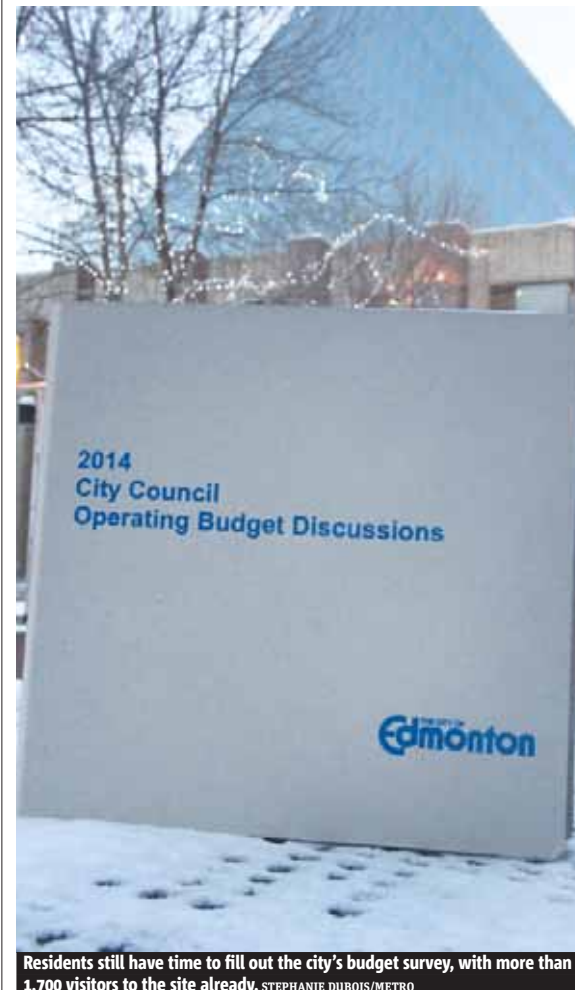
"If we look at what the objectives are, we're pretty happy with that because one of those points is to ... help Edmontonians get that awareness of all the different civic services there are and all the different things in the budget," said Jason Darrah,

director of public communications with the city.

Residents have the option of reviewing the budget but can also submit comments on specific expenditures and opine on how much money should be allotted to certain major areas of interest.

The deadline to submit comments to city officials is this Friday.

Information will be available online in the following weeks.



Residents still have time to fill out the city's budget survey, with more than 1,700 visitors to the site already. STEPHANIE DUBOIS/METRO

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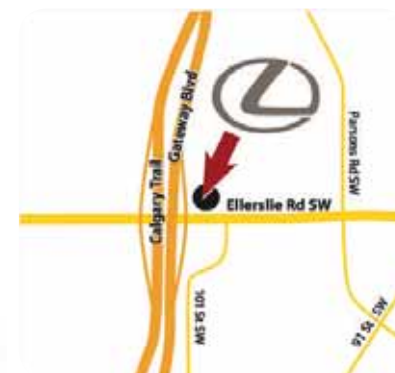
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# Duffy scandal: How much did Harper know?

**That \$90,000 cheque.**  
'My actions were  
lawful,' Nigel Wright  
says as Mounties issue  
explosive new findings

Prime Minister Stephen Harper clung Wednesday to an RCMP investigator's preliminary finding there was "no evidence" he had detailed knowledge of an elaborate PMO plan to repay Mike Duffy's Senate expenses.

But a RCMP affidavit released by an Ottawa courthouse Wednesday is far from validation of Harper's insistence for months the repayment was "solely" the responsibility of Harper's former chief of staff Nigel Wright and Duffy.

The RCMP says it is investigating Sen. Mike Duffy and Nigel Wright for corruption offences related to the \$90,000 Senate expense repayment deal.

In fact, it suggests Wright got Harper's approval for an initial plan that would have seen Conservative party funds cover about \$32,000 in Duffy's expenses — a plan that later fell apart when the bill ran up to \$90,000.

Overall, the RCMP paints a damning picture of a massive, lengthy, and all-consuming effort by the prime minister's top aides, party fundraising officials, and the



Nigel Wright allegedly wrote: "We are good to go from the PM."

SEAN KILPATRICK/THE CANADIAN PRESS

### The PM speaks

On Wednesday, Harper repeatedly told the Commons the RCMP had found "no evidence" he knew of the Wright repayment deal.

- **Mountie.** "I have seen no evidence to suggest that the prime minister was personally involved in the minutiae," says Cpl. Greg Horton.

government's Senate leadership to contain an "embarrassing" scandal and stop it

from spiralling out of control.

The affidavit was sworn by lead investigator Cpl. Greg Horton.

Horton says there are "reasonable grounds" to believe Duffy and Wright committed Criminal Code offences, namely bribery, fraud on the government and breach of trust, using their offices "for a dishonest purpose, other than for the public good."

Wright said on Wednesday: "I acted within the scope of my duties and remain confident that my actions were lawful."

TORSTAR NEWS SERVICE

## New Ford blow? Lawyer plans class-action suit

A new website has been launched to recruit claimants for a class-action lawsuit against disgraced Toronto Mayor Rob Ford.

The site claims he was negligent and acted in bad faith in his role as mayor.

"I'm sick and tired of it ... I can't sit on the couch and do nothing," said Toronto lawyer Jose Rodrigues, who launched stoprob.org.

In a draft statement of

### Quoted

**"Enough is enough. I can't handle it anymore."**

Jose Rodrigues

claim posted on the website, Rodrigues, a fresh graduate from the University of Ottawa law school, is seeking \$5.2 million in total damages. The plaintiffs will in-

clude residents of Toronto "whose reputation has been negatively impacted by the defendant's admission to smoking crack cocaine coupled with his refusal to resign."

Within 30 minutes of the launch of the website, Rodrigues said "dozens" of people signed up.

Rodrigues hopes to file the action next week.

TORSTAR NEWS SERVICE



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# New bill to prevent the sending of 'intimate images' without consent

## Cyberbullying casualties.

Canadians have been touched by suicides of Todd Loik in Saskatchewan and Rehtaeh Parsons in Nova Scotia

The Conservative government has introduced a wide-ranging bill designed to make it illegal to distribute "intimate images" without consent and easier to get such images scrubbed off the Internet.

The proposed law includes tentacles that touch on everything from terrorism and organized crime to stealing cable TV — measures Justice Minister Peter MacKay said are necessary

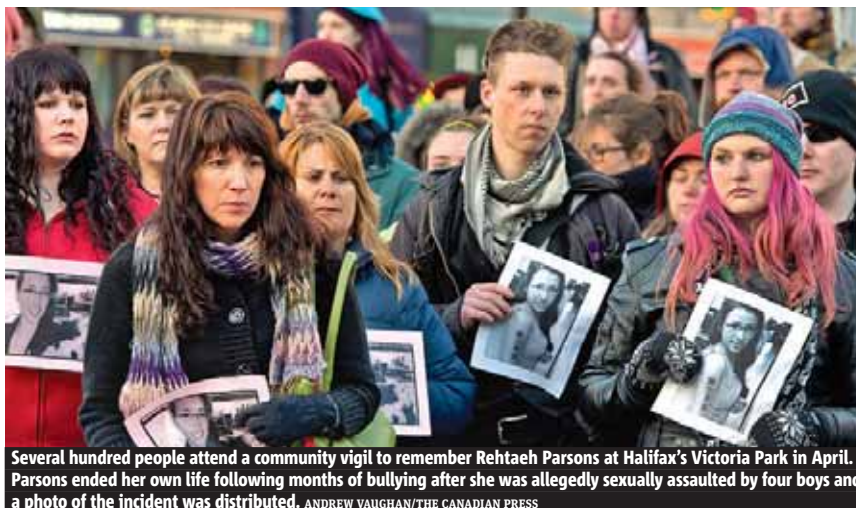
due to the digital nature of the crimes.

"This is the type of crime that really knows no borders," MacKay said Wednesday as he and Public Safety Minister Steven Blaney announced the legislation.

"Once (an image is) on the Internet, once it's been uploaded, it has the ability to go viral. We need to also empower the police to have the tools to track and preserve and present information (to the courts)."

If passed, the legislation would also give courts the power to seize computers, cellphones and other devices used in the offence, and to help victims recoup part of the cost of removing the images from the Internet.

It would also compel the spouse of an accused person to testify against the accused in court.



Several hundred people attend a community vigil to remember Rehtaeh Parsons at Halifax's Victoria Park in April. Parsons ended her own life following months of bullying after she was allegedly sexually assaulted by four boys and a photo of the incident was distributed. ANDREW VAUGHAN/THE CANADIAN PRESS

The legislation defines an "intimate image" as one that "depicts a person engaged in explicit sexual activity or that depicts a sexual organ,

anal region or breast."

The government bills the legislation as part of its commitment to help put an end to the kind of online ex-

ploitation and harassment that has led a number of Canadian youth to take their own lives in recent years.

THE CANADIAN PRESS

## Rationale

*The bill is here to help: MacKay*

Justice Minister Peter MacKay said it's clear that cyberbullying and online harassment can destroy lives, and that the government has an obligation to make the penalties and consequences more serious for perpetrators. The bill closes a "gap" in the Criminal Code and modernizes the law to take into account the prolific distribution of images and words over the Internet, and the resulting impact on young people, he said. THE CANADIAN PRESS

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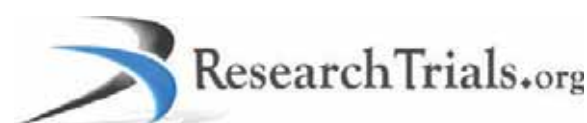


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# Egyptian soldiers killed in bus bombing

**Violence.** Suicide bombers kill off-duty troops as attacks continue against governing military

Two suicide bombers rammed an explosive-laden car into a convoy of buses carrying off-duty soldiers in Egypt's turbu-

lent region of northern Sinai, killing at least 11 and wounding 37, security and military officials said Wednesday.

The bombing is the latest in a wave of attacks in a burgeoning insurgency in northern Sinai blamed on Islamic militants. The conflict has mounted since the military's ouster of Islamist President Mohammed Morsi in July.

The bombers struck as the

convoy of four army buses was travelling on a road between the border town of Rafah and the coastal city of el-Arish, military spokesman Col. Mohammed Ahmed Ali said.

The soldiers belong to the 2nd Field Army, which is doing most of the fighting against Islamic militants waging an insurgency against security forces in Sinai. The

buses were on their way to Cairo, military officials said, speaking on condition of anonymity as they weren't authorized to release the information.

There was no immediate claim of responsibility for Wednesday's attack, but suicide car bombings are a signature method of militant groups linked to or inspired by al-Qaida. **THE ASSOCIATED PRESS**



An image of the bus hit by suicide bombers in Egypt Wednesday. OFFICIAL FACEBOOK PAGE OF THE EGYPTIAN MILITARY SPOKESMAN OF THE ARMED FORCES/THE ASSOCIATED PRESS



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## Toxic cargo. Destroying Syria's weapons at sea an option, says watchdog

Destroying Syria's stockpile of poison gas and nerve agents at sea is a possible alternative to finding a country willing to host the destruction, a spokesman for the Organization for the Prohibition of Chemical Weapons (OPCW) said Wednesday.

The organization aims to destroy some 1,300 tonnes of Syrian toxic agents by mid-2014, but the plan was dealt a blow last week when Albania rejected a U.S. request to host

the destruction. Authorities in Belgium and Norway also have ruled their countries out as locations for the risky operation.

OPCW spokesman Christian Chartier said the alternative of destruction at sea, on a boat or floating rig, is a "feasible" possibility. Among mobile systems that could be put on a ship and sent to sea is one owned by the U.S. Defence Department.

**THE ASSOCIATED PRESS**



## Malala Yousafzai receives Sakharov Prize

Malala Yousafzai gestures as she receives the EU's top human rights award at the European parliament on Wednesday in Strasbourg, France. The 16-year-old was wounded during a Taliban assassination attempt in Pakistan last year because of her campaigning for the rights of girls. **CHRISTIAN LUTZ/THE ASSOCIATED PRESS**

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Kevin Chenais sits in his mobility scooter in front of an ambulance at St Pancras in London, Wednesday. Chenais, who has a medical condition, will travel by ambulance and ferry back to France. KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

# Man deemed too fat to fly or take train

**Going home.** A ferry company has accepted the 230-kg Frenchman for a trip across the English Channel

## Outraged mom

**"It's not the fault of my son to be big. He has a genetic illness."**

Christina Chenais, saying her son was discriminated against because of his weight.

He has been turned down by planes, trains and even a cruise ship in his quest to return home — and his family says it's because he has been deemed too fat to travel. Now Frenchman Kevin Chenais' long and fitful journey is coming to an end.

Chenais, who weighs 230 kilograms, says he has been

repeatedly refused transport over the past two weeks as he sought to get home to France. But now P&O Ferries has offered to take the 22-year-old in his ambulance on Wednesday.

The odyssey began when British Airways refused to honour his return ticket from the United States, where he

had been receiving medical care for a hormone imbalance. Chenais said Carnival Cruises also rejected his request for a cabin on a trans-Atlantic voyage.

Virgin Atlantic airlines stepped in to fly him to London, where he had planned to take the Eurostar train home. But Eurostar refused to allow him on board because safety rules governing travel through the Channel Tunnel require all passengers to have the ability to be safely evacuated.

Eurostar paid for the family's hotel room and worked with P&O to find a solution. **THE ASSOCIATED PRESS**

## India

### \$1.15M in gold bars found on plane

Cleaners found a stash of 24 gold bars worth more than \$1.15 million hidden in a Jet Airways airplane toilet after a flight from Bangkok landed in Kolkata, eastern India, officials said Wednesday.

A customs official said the gold bars, weighing around one kilogram each, were in two bags.

India is one of the world's biggest consumers of gold. The government increased the gold import duty recently, which officials say has encouraged smuggling.

**THE ASSOCIATED PRESS**

## Senior care going to pot? 550 marijuana plants found in N.B. special care home

There needs to be an independent review of inspection policies following the discovery of a marijuana growing operation in the basement of a special care home for seniors in New Brunswick, the province's Opposition Liberals said Wednesday.

The party's social development critic said he finds it difficult to understand how marijuana could be grown undetected in a facility that is subject to inspections and entrusted to care for the elderly.

The RCMP say they seized 550 marijuana plants and marijuana growing equipment

Friday after a fire erupted at the Forever Young Special Care Home in Clarks Corner. The six residents of the home safely escaped.

Investigators said they believed the fire was related to the marijuana growing operation.

Jan Seely, president of the New Brunswick Special Care Home Association, said the residents of the home are being relocated and it has closed.

There are more than 400 special care homes for seniors in the province.

**THE CANADIAN PRESS**



UN Secretary General Ban Ki-moon and executive secretary of the UN Framework Convention on Climate Change Christiana Figueres, talk during the Ghana Bamboo Bike initiative in Warsaw, Poland, on Wednesday. THE ASSOCIATED PRESS

# Climate talk divides rich, poor

**UN meeting.** Developing countries ask rich nations for money to green their economies

An old rift between rich and poor has reopened in UN climate talks as developing countries look for ways to make developed countries

accept responsibility for global warming — and pay for it.

With two days left, there was commotion in the Warsaw talks Wednesday after the conference president — Poland's environment minister — was fired in a government reshuffle and developing country negotiators said they walked out of a late-night meeting on

## Quoted

**"We do not see a clear commitment of developed parties to reach an agreement."**

Rene Orellana, head of Bolivia delegation

compensation for climate impacts.

U.S. climate envoy Todd

Stern downplayed the dispute and said American negotiators who had attended the meeting were surprised to hear of a walk-out.

Differing views on what's been said and done in closed discussions is not unusual in the slow-moving UN effort to curb global warming, which is often held back by mistrust between rich and poor countries. THE ASSOCIATED PRESS

## World's oldest animal dies. Ming the clam's death sheds light on global warming



A 507-year-old Icelandic clam gives us global warming insight. CONTRIBUTED



KIERON MONKS

Metro World News in London

It's been a rough week for marine scientist Paul Butler, who has been receiving hate mail after reports that he killed Ming, a 507-year-old Icelandic clam. The professor from Bangor University, Wales, told Metro the creature, an ocean quahog, was already dead when his team examined it, and that the truth is far more significant.

**Has the reaction shocked you?** Yes, the main problem is that English newspapers wrote articles based on an interview in Danish, and basically changed it to say we killed the clam. It was frozen when we collected it in Iceland, so dead on arrival. Also, finding the age was not the main thing anyway.

**So what have we learned from it?** The carbon dating suggests a slight weakening of the Gulf Stream during the 'Little Ice Age' (AD 1500-1900), and perhaps higher temperatures. In the context of global warming, we can work out the degree of change from the time of fossil fuels, and how much

the ocean is absorbing. But if we put out a press release about that, it would have looked like we were trying to distract people from the clam.

**Are there even older species than Ming?** No doubt. We took 2,000 shells and this was the oldest but there are millions in Iceland that would have lived longer. We took shells from a fishery area so anyone eating clam chowder might eat one the same age.

**What's their secret? Can we copy them?** Hard to say, we think the resistance comes from protein. Also, because it's so cold the clam metabolizes very slowly.

**What's the 'big picture' project?** We are creating networks of chronologies going back 1,300 years, covering Iceland, the Faroe Islands and northwest Europe. The more detailed the picture, the more perspective we get on the environment as part of a global system.

**Are you worried about more hate mail?** We will have to be clearer in our communication.

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# COSMIC GIFT: THE SNOW

A galactic visitor, travelling hundreds of thousands of kilometres an hour, will soon catapult around the sun and — if it lives up to all the hype and survives the journey — may give us the show of a lifetime; an early Christmas gift from the cosmos. Discovered just over a year ago, ISON has the potential to be the 'comet of the century,' lighting up the night, perhaps even visible during the day, as it streaks across the sky on its way out of our solar system.

DEAN LISK  
Metro in Toronto

When it comes to outer space, and how things get from Point A to Point B in the universe, comets — with their elongated orbits — open up a world of wonder.

"Some ideas tend to return, like the comets themselves," says Dr. Sara Schechner, author of *Comets, Popular Culture, and the Birth of Modern Cosmology*, and curator of the Collection of Historical Scientific Instruments at Harvard University.

"We went from a period where everyone was afraid of them, to a period where they were viewed as too small to hurt us, and now we are back to, 'We better be watching out for them.'"

Schechner says some in the scientific community have suggested comets may have been responsible for both life and death, speculating they brought the building blocks of life — water and organic chemicals — to Earth and were also responsible, through collisions, for climate change and extinctions.

"When I am reading this in some of the scientific literature it resonates with some of the older beliefs," says Schechner, who adds that for thousands of years, anything not planned — like the sudden appearance of a comet — was greeted as an omen.

"People thought of comets as having a divine purpose," says Schechner. "Some thought they were divinely created and appeared in the sky when God wanted to send people a message about what they should be doing, or as a warning, or to announce a big event. And it could be a

good event, but mostly they were terrible things, like a plague, the death of your king, war, revolution."

Others thought comets were the result of elements excreted from the earth that caught fire in the sky and caused terrible things to happen, such as a bad harvest or disease. "If you breathed in anything from them, you could come down with the plague. They caused revolution because they were hot and dry and kindled anger in people.

"People at the time didn't think of them as some kind of dirty snowball hurling around."

So what is a comet? Basically, they are big, dirty snowballs. That is what scientific enlightenment, starting with Isaac Newton, Edmund Halley and others, has taught us. Its birth takes place in the Oort cloud, a hypothesized area roughly a light-year from our sun, says Robyn Foret, an amateur astronomer with the Royal Astronomical Society of Canada.

The cloud may seem far away, but it is close enough on a galactic scale that gravitational forces from our sun — and even other stars — have an impact, forcing dust, water and gases to clump together to form a nucleus, Foret says. Eventually, gravity may also send it falling toward our sun — like Comet ISON, which is about to journey behind our biggest star.

"So, if you can imagine this clump of water, ice and different gases and dust falling towards the sun, as it gets closer to it, it starts to warm

## Name that comet

ISON is named after the Russian-based organization that discovered it: The International Scientific Optical Network.

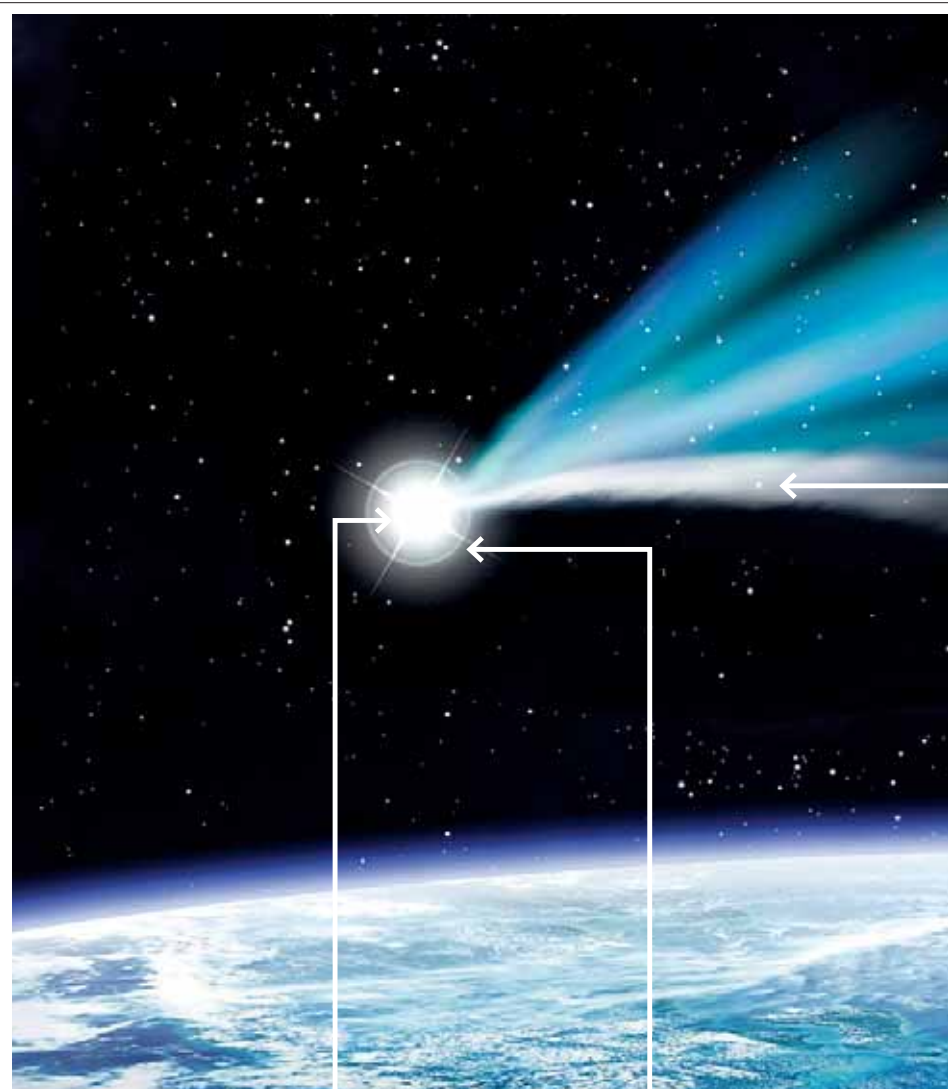
up a bit," he says, adding the lighter gases will escape from the nucleus, and form a coma — a fizzy glow — around the object. As the comet travels closer to the sun, it heats up even more. The ice begins to evaporate and a tail will start to form as more gases and dust escape.

Schechner says it was Newton and Halley who really showed comets were part of our solar system and not supernatural at all. Still, they didn't leave all the old superstitions behind.

"They were too good to get rid of," she says. "Newton says, 'Well, when a comet passes, its tail replenishes this vital spirit necessary for respiration and life on Earth. And, comets are dropping off supplies of water, without which the Earth would just dry up.'"

Schechner says Newton and Halley also speculated comets could cause the end of the world in various ways and were responsible for earlier upheavals — something modern scientists also examine.

"They aren't thinking of it in terms of omens, they are thinking of it in terms of physics," she says. "But they don't think it's some pre-ordained plan."



**Not sure what you are looking at? Robyn Foret, an amateur astronomer and chair of the education and public outreach committee of the Royal Astronomical Society of Canada, breaks down the anatomy of a comet.**

## Nucleus

The dirty snowball, the nucleus is made up of dust, ice and gases. "The nucleus can be anywhere from three to 30 kilometres. Someone coined the phrase that it's a 'city-sized object,' and I like that, because cities come in different sizes. You can relate to the size of a city," says Foret.

## Coma

The coma, formed by the loss of gas and dust, appears around the nucleus as it nears the sun. It can be tens of thousands of kilometres in size. "In the early days, ISON was losing 60,000 pounds of dust every minute," says Foret.

## Timeline

### Comet culture

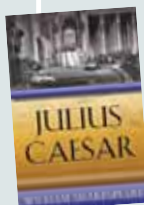
The history of comets makes for some interesting reading, with beauty, tragedy and intrigue. Here are some highlights from popular culture, including some of author Sara Schechner's celestial favourites.

## 28 million years B.C.

**Diamonds.** Scientists recently announced they believe they discovered evidence a comet crashed into the Sahara Desert in an area bordered by Egypt and Libya roughly 28 million years ago. The proof, they reported, was a black pebble that contained small diamonds created by the impact.

## 43 B.C.

**Caesar.** A comet was seen after the killing of Julius Caesar. "His adopted son, Augustus, who succeeded him, exploited it, saying it was a sign of Julius's soul taken up into heaven," Schechner says.



## 1066

**Omen.** The Bayeux Tapestry, which commemorates the Norman conquest of England, includes a depiction of Halley's Comet. People are seen warning King Harold the comet is a bad omen. Below the comet is a depiction of a fleet setting sail to invade England.

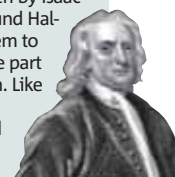


## 1577

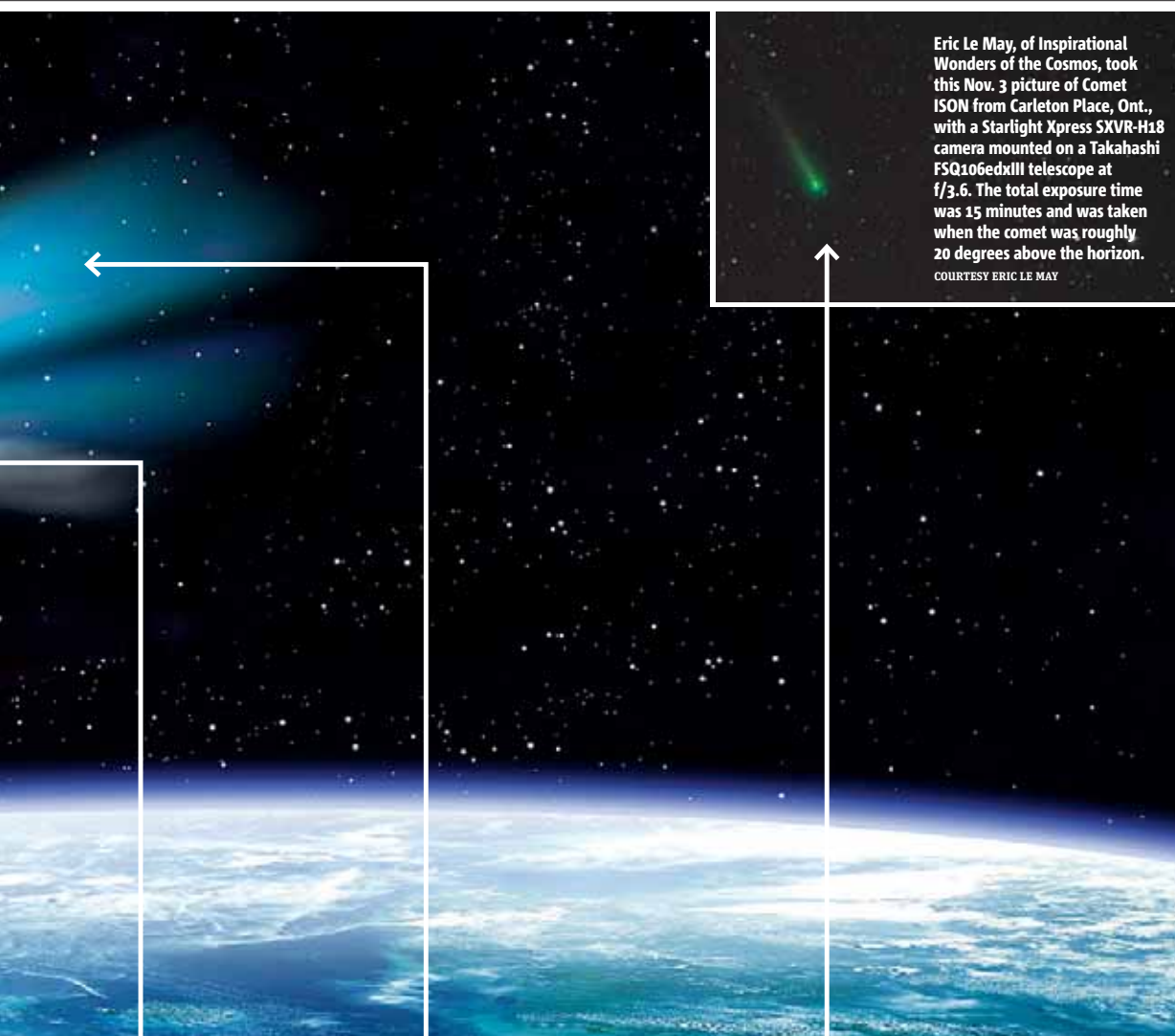
**Brahe.** A bright comet, seen across Europe, was observed by a number of enlightened minds, including Danish astronomer Tycho Brahe. His observations showed theories about the order of planets, moons and objects in our solar system were wrong and had to be rethought.

## 1680

**Sungazer.** Called a Great Comet (there have been a few) and seen in daylight, this comet was seen by Isaac Newton and Edmund Halley and helped them to prove comets were part of the solar system. Like ISON, it was also a sungrazer and had a very long tail.



# BALL COMETH



Eric Le May, of Inspirational Wonders of the Cosmos, took this Nov. 3 picture of Comet ISON from Carleton Place, Ont., with a Starlight Xpress SXVR-H18 camera mounted on a Takahashi FSQ106edxIII telescope at f/3.6. The total exposure time was 15 minutes and was taken when the comet was roughly 20 degrees above the horizon.

COURTESY ERIC LE MAY

PHOTO ILLUSTRATION: DAVID VAN DYKE/METRO; ISTOCK

## Ion tail

Formed of lighter gases, dust and evaporating ice, the ion tail is pushed away from the nucleus by the sun's solar winds. "Regardless of the path of the comet, that gas tail will always be directly opposite the sun," says Foret, who adds the tail can be millions of kilometres long.

## Dust tail

Heavier dust particles left behind by the comet will create the dust tail, which will follow the orbit of the comet. "It is like you are driving down a dirt road and there is a cloud of dust that settles behind you," says Foret. If the Earth's orbit passes through this tail, the result is a meteor shower.

## Feeling the heat

ISON will pass closest to the sun on Thursday, Nov. 28.

- **This is called the perihelion.** Foret says the sun is about 1.4 million kilometres in diameter and



ISON is set to pass about 1.8 million km away.

- **One time only.** While some comets return after a short number of years, others, like ISON, will be flung out of our solar system.

## 1682

**Halley's Comet.** This was the year that Halley identified the short-period comet that bears his name, and also worked out that the comet would be visible from Earth every 75 to 76 years. The comet last passed in 1986 and is expected to return in 2061.

## 1744

**Multi-tail-ented.** A comet with six — yes, count them, six — tails was seen in the sky. "I would have loved to have seen that," says Schechner. The comet was observed in Europe and also in New England.

## 1843

**Millerites.** "The Millerites, a religious sect in New England, believed the end of the world was going to be predicted by a meteor storm and that a big comet would come.... And, wouldn't you know it, a big comet did come," says Schechner. "They prepared for the second coming, but obviously that didn't happen."

## Mid 1980s

**Films.** Halley's Comet's visit in 1986 was heralded with two disaster-predicting films. *Lifeforce* (1985) featured a vampire-carrying space ship in the comet's coma, while *Night of the Comet* (1984) found the world's population wiped out by a comet; with the exception of, like, two Valley Girls.



## 1994

**Drops on Jupiter.** In a spectacular scene, Comet Shoemaker-Levy 9 broke apart and crashed into Jupiter. This was the first time a comet collision was observed by scientists as it happened, and offered an unprecedented opportunity to collect data.



## 1997

**Hale-Bopp.** "Probably the most beautiful (comet) I have seen in my life is Hale-Bopp," says Schechner. "It was very beautiful, very nice." The comet also gained notoriety because members of the Heaven's Gate cult committed suicide as it passed, believing they would reach a UFO travelling in the comet's tail.

## ISON

### The 'comet of the century'

ISON has caused a lot of interest in the astronomical community since it was discovered in September of last year. When it was first discovered some 700 million kilometres away, it appeared brighter than most comets do at that distance from the sun. This had astronomers theorizing it may become one of the brightest objects in the sky when it passes, and might even be visible in daylight.

"It might be the greatest object I will have seen in my lifetime up to now," says Gary Boyle, an amateur astronomer based near Ottawa. "The hype really has been strong in the astronomical community and is based on the idea of a naked-eye comet seen during the day that could be brighter than the full moon. But, with more observation, it may not be that bright — as in being able to be seen during the day — but it will be a fantastic comet."

## How to see it

- 1 Telescope:** You will be able to see the head of the comet, the nucleus — the brighter part in the middle — and only a portion of the tail.



- 2 Binoculars:** You will see less detail than with a telescope, but because it will magnify the comet less, you will get a wider view, and see more of the tail.



- 3 Naked eye:** As the comet gets closer, and depending on its brightness, you will be able to see it without any help. Unlike a solar eclipse, this is one celestial show you can watch.

**WARNING:** Do not look at ISON with binoculars or a telescope when it is in close proximity to the Sun, as an accidental glimpse of the sun through either will cause permanent eye damage.

## Where to see it

- Look east in the morning and ISON can be seen very briefly low in the sky. It will soon pass below the horizon and out of view as it makes its journey behind the sun.
- If it survives its trip around the sun, ISON will reappear in the eastern sky starting around the early morning of Dec. 9 or 10. As the month progresses it will be visible in the western sky at night. It will come closest to Earth — roughly 85 million kilometres away — around Dec. 26.
- **Need some help?** Longpaw has created Comet ISON 2013, an iTunes and iPad app featuring a countdown clock, videos, data and charts. Distant Suns has created Comet Watch, where you can use your Apple device to help locate the comet in the sky. ISON C/2012 S1 Finder is an Android app that will also point out the comet in the sky.



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Brande Bradshaw poses with Bridgette, her six-month-old cava-poo, at home in Austin, Texas. If you want a Bridgette of your own you better start saving up now. COURTESY BRANDIE BRADSHAW/THE ASSOCIATED PRESS

# How much is that designer doggie in the window?

**\$2,000-\$3,500 US.**

The cute cava-poo-chon, an 'it' accessory of the season, will set you back about the same as a high-end purse

Imagine the ideal designer dog. It would be smart, healthy and hypoallergenic. It would have the yap bred out and longevity bred in. And, most important, it would never lose its puppy face. Enter the "cava-poo-chon." The breed is the newest and

## The trouble with tiny

"These (mini) dogs usually end up having health problems and most veterinarians don't want to touch them because the organs are so small."

Author and certified animal behaviour consultant Darlene Arden

latest in the decades-old search for the dog-face fountain of youth and perfect pet accessory. But the American Kennel Club does not recognize the

new trend as an official breed, and one expert calls some specially bred small dogs expensive "gimmicks."

The cava-poo-chon is a cavalier King Charles spaniel and bichon frise mix bred with a miniature poodle. With the help of a geneticist and reproductive veterinarian, the tribrid or "triple cross" was created by Linda and Steve Rogers of Timshell Farm in Pine, Ariz.

With a price tag ranging from \$2,000 to \$3,500 US, the cava-poo-chon combines the best of the three breeds, Linda Rogers said.

THE ASSOCIATED PRESS

## iKeg. How much beer is left in that keg? Now there's an app for that

Beer servers can find out in real time how many pints of their customers' favourite brews are left with the help of an app on their smartphones or tablets.

Steve Hershberger, CEO of SteadyServ Technologies, says he wants to eliminate the guess work of how much beer is left in kegs to help bars and restaurants keep track of their inventory with his iKeg system, which has a sensor and an app.

"How much beer is left in a keg due to guessing and shaking?" asks Hershberger, who's based in Carmel, Ind., and is courting beer distributors, breweries, bars and restaurants.

"You can't see inside the keg. It's this heavy and unwieldy thing."

Hershberger estimates there are about 20 pints of beer left unsold in each keg, wasting



A new app aims to help bar staff know when beer is running low. DAVE MARTIN/THE CANADIAN PRESS/THE ASSOCIATED PRESS

thousands of litres of beer.

Hershberger's iKeg system uses a sensor that goes under a beer keg to keep track of how many pints are left through changes in pressure. The information is sent wirelessly to the app. THE CANADIAN PRESS

## Bows to anti-gay law

### Ikea deletes gay couple from its Russian magazine

Swedish furniture retailer Ikea says it has spiked an article about a lesbian couple in the Russian edition of its customer magazine because that would have contravened that country's law on gay propaganda.

Ikea spokeswoman Ylva Magnusson says the story about the couple living with their child in London appeared in the December print edition of its club magazine and was available for customers in 25 markets worldwide, but not in Russia.

THE ASSOCIATED PRESS

## Business sector growth

### Rogers to expand data centre in Edmonton

Rogers Communications Inc. says it will open a new data centre in Calgary in January and expand its Edmonton data centre.

"Our new data centre offerings in Alberta present a significant growth opportunity in Western Canada's business-to-business market," said AJ Byers, president of Rogers Data Centres.

Byers had been president of Blackiron Data, which Rogers acquired in April from Primus Telecommunications for \$200 million cash.

At the time, Blackiron had eight data centres across Canada in five major cities

— Toronto, Ottawa, London, Vancouver and Edmonton.

Rogers later acquired Pivot Data Centres and Granite Networks in two deals announced in September, for a total of \$161.25 million in cash.

Pivot, which cost Rogers \$155 million cash, had three data centres in Calgary and Edmonton at the time and planned to open two more locations in the following months.

Ottawa-based Granite served eastern Ontario and western Quebec.

The consolidation of Blackiron, Pivot and Granite within the new unit will help Rogers — best known for consumer-oriented wireless, cable and media businesses — to expand in the business sector.

THE CANADIAN PRESS

## Random biz fact of the day

**50%**

Nearly half of employers surveyed bring up salary during initial conversations during the first job interview. CAREERBUILDER

## Market Minute



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## Social media. BET hit with lawsuit over Facebook page woman developed

A South Florida woman is suing the Black Entertainment Television network in a dispute over a Facebook page she developed to promote the show The Game.

Attorneys for Stacey Mattocks say in court papers that BET wrongly took control of the page after the two sides failed to reach a financial agreement. BET is asking for the lawsuit to be dismissed, contending that Mattocks hasn't raised any

valid legal claims.

Mattocks says one measure of her page's value was the 7.7 million "likes" it amassed by summer of 2012. BET counters that is not grounds for her to win damages in the lawsuit.

A preliminary hearing on the case is set for Thursday in Fort Lauderdale federal court.

The Game is about professional football players' lives and their relationships.

THE ASSOCIATED PRESS



A woman is suing BET over a Facebook page she developed for the TV show The Game. SCREEN GRAB



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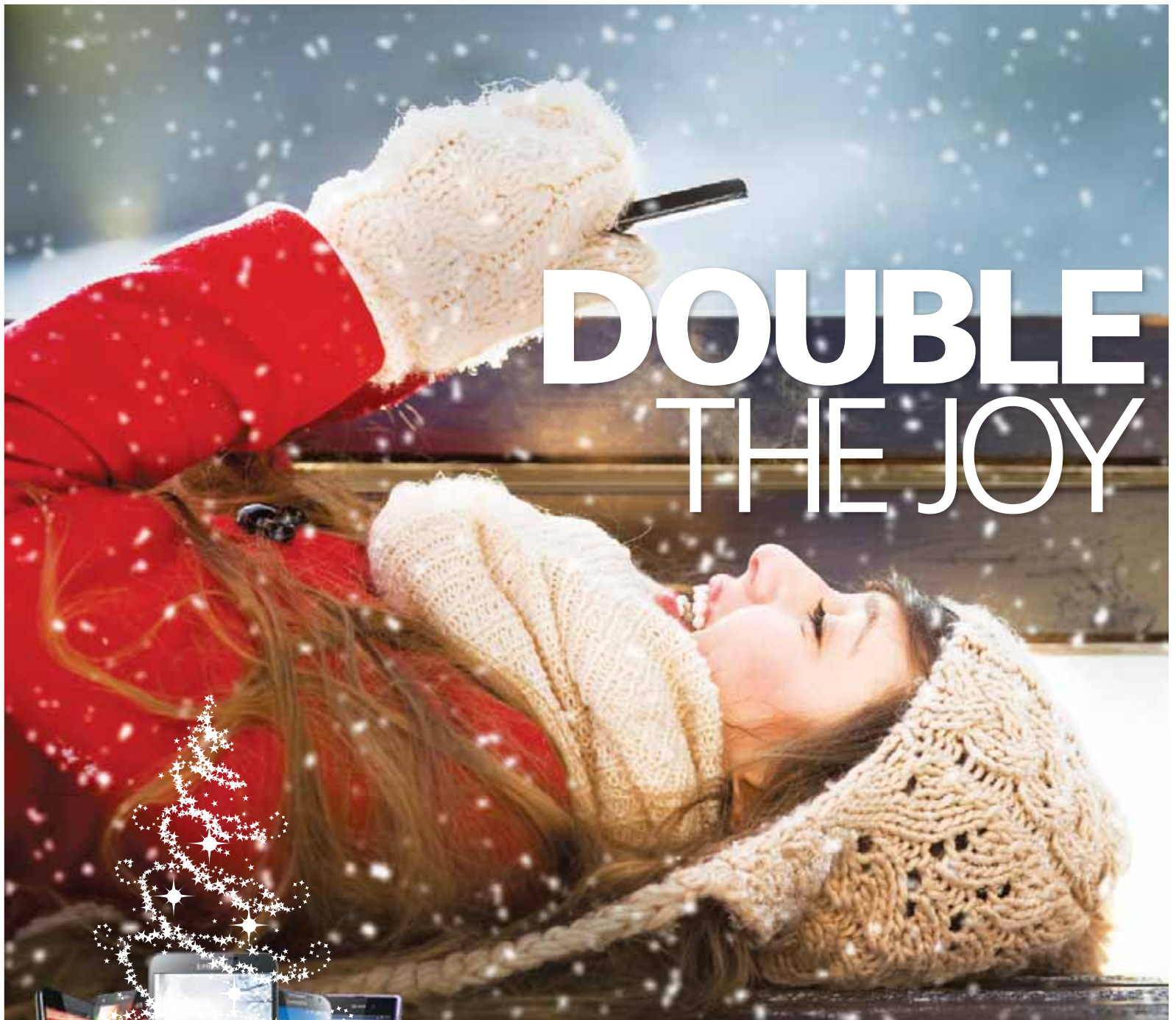
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## Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

Day 14

metronews.ca/temp

### Family planning

#### Workers feeling those baby blues

Having children is a big commitment that costs both time and money.

Temporary workers who can't earn a stable income and have no set work schedule often delay starting a family, according to United Way Toronto and McMaster University's "It's More than Poverty: Employment Precarity and Household Well-being" report.

The study also found that those in temporary employment are less likely to have children living at home compared to permanent workers.

Among those aged 24 to 53, 34 per cent of permanent workers have children living at home, compared to 20 per cent for temporary workers.

PHOEBE HO/FOR METRO



GETTY IMAGES

# Temp Makes Lemonade from Lemons

**O**K, the nice thing about being a temp is that if you screw up, you leave, but you were going to leave anyway, so it's no big deal. I suppose this is true for anybody with a job, but for temps it's just more out in the open.

After almost no sleep I arrived at work only to find gossip and fear-mongering. The worst gossip was that Danimal was in a coma, when, in fact, he was in a \$20,000-a-day hotel with a slightly collapsed left lung and an unhelpful feeling-sorry-for-himself attitude. Sarah No. 1 walked up to me at my desk and said, "I guess we were all behaving badly yesterday."

I was incensed: "I was doing no such thing! I was there just to listen to Dan vent about the warehouse fire! You're the one who got a room."

Sarah winked at me. "Have it your way. Here's a pile of files that need alphabetizing."

Ugh. I decided my day desperately needed some cheer, so I phoned my sister's friend who breeds golden labs. We had a quick chat, and just before lunchtime, she arrived with two blue plastic storage tubs filled with puppies. I ushered her into the admin area. In a loud crisp voice I shouted, "Oh no! There's been an explosion!"

Everyone looked stunned ...

"That's right — an explosion

of cute! Hilda, release the hounds!"

Ahhh ... the puppy bomb — is there any greater experience in life? Eighteen chubby bundles of YouTubeable romping joy demanding nothing except unconditional love — and snacks. Everybody got down on the floor, and it took only a minute for people to learn that the person with the most food is the one who gets the most puppy, so in came the lunch bags. I was proud to have brought even the smallest dab of joy to the otherwise dreary lives of the soon-to-be-fired full-time staff. Yes, I

**Ahhh ... the puppy bomb ... Eighteen chubby bundles of YouTubeable romping joy demanding nothing except unconditional love — and snacks.**



was proud of myself for firmly turning the day around.

The icing on the cake? Outside the building there was a Zombie Walk with about 200 kids dressed in their finest living dead, headed to a political protest starting outside AmQex next door.

And that's when two things happened: A massive bus, like Bon Jovi on tour, pulled into the parking lot and 50 Chinese people emerged holding measuring tapes, string and clip boards. Then half a minute later about 20 cops arrived to shut down the AmQex protest. "They



### Random biz fact of the day

# 70%

Anything to get the gig — 70 per cent of college students would lie on a resumé to get a job they wanted.

SOURCE: NEXCAREER

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### Random fact of the day

- There is a new English word created every 98 minutes — or about 14.7 words per day.

SOURCE: OMG-FACTS.COM



make engine parts for drones," whispered Sarah.

The Chinese delegate's leader said, "I am most curious to see how protesters are handled in your country."

TO BE CONTINUED ...



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# IT'S ABOUT PARTIES, NOT POLITICAL ONES

Are you sick of talking about Canadian politics? Then let's discuss drinking, gossip and the need for appearances. It'll be a nice change of pace.

Specifically, let's talk about Christmas office parties. Because unlike politicians, Christmas never wears out its welcome. That's why Starbucks' Christmas decorations were rolled out this year just in time for the summer solstice. It's also why holiday events stretch on for weeks of gingerbread-and-icing-laced excess, like an anti-Lent.

I, for instance, have three different work-related Christmas parties coming up. And hooray, because what better way to throw off the shackles of work than to get together with a bunch of people you work with and discuss work? You can just feel yourself unwind.

Admittedly, footloose behaviour can often be the most memorable element of a Christmas office party. My strongest memory from the first one I went to was Barb the secretary. Barb was the sort of secretary who had an eyeglasses chain, patterned flower



**HE SAYS**  
**John Mazerolle**  
metronews.ca

dresses, and enough years behind her that she found nothing offensive about the words "Barb" or "secretary."

She was usually very staid, but at this party — well, you think Wrecking Ball was shocking. Some people say things like the Berlin Wall or Paul Henderson are the defining memories of their youth. I have Barb dancing on her chair with a rum and Coke in each hand.

Barb's brand of behaviour is why so many etiquette columns advise you to attend a party full of food, drink and friends and then nibble, sip and mumble your way through the night, because, "you're being watched by your superiors at all times." What fun!

Well, I say deck that advice right in the halls.

If I'm going to attend three of these things this year, then I'm going to Be Like Barb, even as I remain a gracious guest.

Here are a few office party etiquette tips I've come up with that will allow you to embrace the Christmas spirit(s).

- Most experts advise you shouldn't have more than two

alcoholic drinks with office buddies, so bring an enormous canister to drink from.

- Kissing a co-worker is always a grey area so remember that mistletoe provides full diplomatic immunity, as is written in the Geneva Convention.
- If The Christmas Shoes, Simply Having a Wonderful Christmas Time or Jingle Bell Rock come over any sound system, you will be within your rights to end the party and burn the building to the ground. Dignity demands it.
- Show superiors your work ethic, even in a casual setting, by working extra hard in the rumour mill.
- Remember that if you get blackout drunk, you shouldn't worry about what happened because everyone will record it on their cellphones anyway.
- Perhaps most importantly, don't overstay your welcome, especially if your hosts are hinting strongly that it's time to go.

Which would normally bring us back to Canadian politics, but I'm sick of talking about it, so let's move on. It's in the past and what's done and done. Besides, if politicians' ifs and buts were candy and nuts, every day would be Christmas.

## ZOOM

### No word from PM as activists charged



GRAHAM HUGHES/THE CANADIAN PRESS

#### Quebec protesters demand action

A Greenpeace activist protests on top of the Biosphere in Montreal, Wednesday, calling for the release of his colleagues who are being held in Russia on various charges including piracy.

THE CANADIAN PRESS

#### Harper?

- A Greenpeace spokesman says the group is surprised by the silence of the Harper government, which it says still has not publicly intervened to denounce the attitude of the Russian government in the arrests.

#### One Canadian still in Russian prison

The three Greenpeace protesters who scaled Montreal's Biosphere structure Wednesday will face criminal charges.

They came down on their own and surrendered to police after several hours perched from the federally owned

dome.

Two Canadians were among the 28 Greenpeace activists arrested by Russian authorities during a protest at a Gazprom oil-drilling platform in the Arctic Circle in October.

One of the two Canadians — Alexandre Paul — remains behind bars while Paul Ruzicki was granted bail earlier this week. THE CANADIAN PRESS

#### Clickbait



**ANDREW FIFIELD**  
andrew.fifield@metronews.ca

**Bob Dylan's camp finally got around to releasing an official video for Like a Rolling Stone. Gathering no moss, the ultra-modern clip for the 1965 song is a wacky interactive experience of channel surfing through celebrities and humble folk alike. See it for yourself at video.bobdylan.com, and, check out these others, too.**

#### Arcade Fire – Reflektor:

The sartorially demanding band are old hands at the interactive video game, debuting the trick with a childhood-mining experience for We Used To Wait (thewildernessdowntown.com) in 2010. Reflektor provides a similarly personal stamp, this time allowing you to use a phone or tablet to become a passenger on a woman's adventures in Haiti. (justareflektor.com)

#### Death By Chocolate – Tell Me What You See:

A conundrum. How to make a largely forgettable modern rock song stand out from the crowd? The answer is de-

ceptively simple, of course. Allow mouse-wielding sadists to conduct high-concept torture (i.e. an aggressive bath from a milk balloon or a flounder to the face) on a helpless man. All in slow motion. (tellmewhatyousee.ch)

#### The Interactive Saved By The Bell Game:

A very funny 16-bit-style slice of choose your own adventure fan fiction. Find out what it's like to be Zack Morris, enduring the pressure of your high school's entire social structure revolving around you for some reason. (youtube.com/thefebros)



Bob Dylan GETTY IMAGES

#### Twitter

**@metropicks asked:** Traffic circles are picking up momentum in Canada because they're safe and good for the environment. What's your take?

**@21stCenturyLeft:** They have to be done right if they're going to be implemented. Size matters with traffic circles.

**@monahb:** we have (two) nearby and they are just great. Took a while for some drivers to figure them out.



**@Breezy\_Liz:** try driving in the #UK come back and sigh #OhCanada! Our roads are fabulous! #crossroads

**@DerickONeill:** we have them in Ireland they are an absolute nightmare. Some have lights right beside them so cars get backed up on

**@bzalu:** they are joke (a) in Winnipeg, intersections are not large enough to accommodate.

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## SCENE 2

## How to crack the big break mystery

**Cowpuncher.** After conquering Western Canada, band is setting their sights even higher



**JENNIFER LARAWAY**  
Jennifer Laraway  
edmonton@metronews.ca

Cowpuncher is ready for their big break. But like many artists carving their niche in the music business, they too are wondering what it takes to reach the tipping point.

"We love performing. From the outside looking in, we are a pretty successful Western Canadian band. But, we are super ambitious," says frontman Matt Olah.

Simply put: Cowpuncher is hungry for more. They have looked at every angle in order to make it big, including going from seven members to five and toying with the idea of changing their slightly controversial name.

"Since our last full length was released two years ago, a lot has changed for us. I think we are a funny band because people say we should change our name to make it more accessible. But it's part of us to want to poke ya in the ribs a little," Olah says.

"I don't know what it's going to take. The music industry is a bit of a mystery because the Western fan base is good for us but we need help in terms of getting to the next level.

"Anyone who wants to get on board with that or cut their teeth with us in the marketing and promotions world: we are ready," he adds.



Cowpuncher frontman Matt Olah says his band is "super ambitious." CONTRIBUTED

Cowpuncher hopes by diversifying their sound on the new album from an earlier rock edge, they will attract a larger fan base.

"The thing is, you hear in reviews how bands need a new, edgy sound.

"We got that, but it almost makes it tougher for us, because if you listen to what's made it onto radio, it's all base (sound) and secure," Olah says.

"Edgy can get people's

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**Album.** The new album is called Ghost Notes

**Openers:** Fire Next Yime is opening for the band

terms of whether you like folk, roots, rock and roll and even a little pop."

Cowpuncher takes to the stage Nov. 23 at The Pawnshop Live (10551 82 Ave. NW) to showcase their latest work, which was originally recorded in everything from an old warehouse space in Calgary to a music hall in Nanton.

For more information on the band visit [wepunchcows.com](http://wepunchcows.com).

#### Quoted

"I don't know what it's going to take. The music industry is a bit of a mystery because the Western fan base is good for us but we need help in terms of getting to the next level."

Cowpuncher frontman Matt Olah on trying to make it big in the music biz

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# Mitch Albom's new book will inspire you to make some calls

**New book.** The First Phone Call From Heaven tries to put the frantic pace of the modern world into perspective

EMILY LAURENCE

Metro World News

Tuesdays with Morrie author Mitch Albom isn't a fan of texting. "We text, we Facebook, we post. We do everything we can to avoid a conversation," Albom tells Metro.

Still, Albom insists that even in a society that prefers communicating digitally, it's a real-life conversation we long for the most. "There are so many people that, when they lose someone, wish they could have one more conversation," he says.

The characters in Albom's latest book, The First Phone

Call From Heaven, are given exactly that chance.

The book is about a small town that starts receiving phone calls from heaven. Once the media gets hold of the story, people from all over the world flock to the town, hoping their own cell-phones will start ringing. Mostly, the book follows one man who was just released from prison after serving time for a crime he didn't commit. While in prison, his wife died, leaving him to raise his young son alone. When the boy starts asking when mommy is going to call, he can't bear for his son to have false hope, so he sets out to prove the whole thing is a hoax.

The idea for the book came after Albom lost the ability to have a conversation with his mother.

"She suffered a stroke and lost the ability to speak," he says. "It's been more than three years since I've heard her voice. It occurred to me



how precious the human voice is and so much of what we associate to a person's personality has to do with their voice. Many people often won't erase voicemails from lost loved ones."

When asked if he could orchestrate any real-life phone calls between heaven and earth, Albom's answer didn't involve presidents, saints or other public figures. Like the backdrop of his books, he'd

focus on ordinary people.

"I would try to get every broken heart on earth comforted by one of those calls," he says.

Promoting the book has prompted Albom readers to tell them their own stories about real-life phone calls from heaven.

"One guy told me he got a phone call from his mother. She had died in a car crash, but no one knew yet. She called and told him, 'I'm all right. I'll always be with you. Don't worry.' Then she said she would see his grandmother soon, and a week later, his grandmother died."

For his own part, Albom believes miracles come in all sizes, small and large, and is no stranger to experiencing them himself.

"Oh, I have them all the time. There are so many good things that have happened to me that it can't just be coincidence. I often say there must be a divine intervention at work here."



Mitch Albom's *The First Phone Call From Heaven* is out now. CONTRIBUTED

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## Twitter



@LouisTomlinson

Got woke up to find out I got hacked ! Working on re-following people now sorryyyy :( Big loveeee!!



@WhitneyCummings

If I didn't text you back it means I texted someone else by accident



@katyperry

Yes, unconditional love sometimes feels like being hit by a car... Or being on fire... How does it feel to you?



Kelly Clarkson

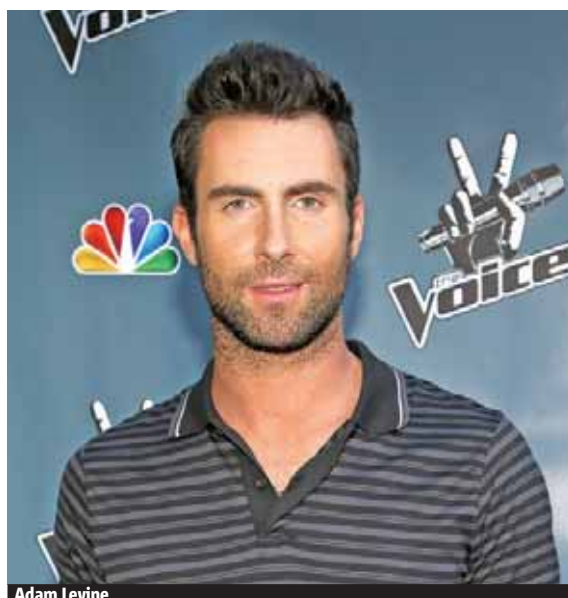
## Santa came through for mom-to-be Kelly

Kelly Clarkson wasn't joking when she said she was planning to get started on that family as soon as possible after marrying Brandon Blackstock last month. The singer took to Twitter this week with some very big news: "I'm pregnant! Brandon and I are so excited! Best early Christmas

present ever," she wrote. As recently as Oct. 30, during a radio interview, Clarkson was hinting about her holiday wish list. "Everybody keeps saying, 'What do you want for Christmas?' she said. "And I'm like, 'I want to be pregnant.'"

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Adam Levine

## Yes Adam it's true, you're this year's Sexiest Man

Look upon him and weep, all ye lesser men, for People has named Adam Levine 2013's Sexiest Man Alive. Channing Tatum, 2012's Sexiest Man Alive, is like dirt to us now.

The Maroon 5 singer has had plenty of chances to drum up votes in his campaign for the office: He's kind of been everywhere this year. He's a judge on The Voice, he's shooting a movie with Keira Knightley called Can a Song Save Your Life? (is it a Maroon 5 song?) and he has a clothing line at Kmart. Serious question: Is it possible to shop at Kmart and buy a piece of clothing not designed by a celebrity? Every single one of them seems to have one.

"As a musician, you have fantasies that you want to win Grammys, but I didn't really think that this was on the table," the singer told People. "I was just amazed and stunned and it almost seemed like they were kidding, but they weren't, so that's cool."

They could still be kidding! Maybe it's a long con. Adam comes in for his cover shoot and just as the shutter snaps, People dumps a bucket of pig's blood over his head. Run, Adam! It's a trap! They're all going to laugh at you! Don't use your telekinetic powers, People magazine's not worth it! **MELINDA TAUB**

MWN IN NYC



Angelina Jolie. ALL IMAGES GETTY

## Don't wine about a thing Angie, your life is perfect

Angelina Jolie is having a pretty good week, accolade-wise. The actress and director, who picked up an honorary Oscar at the Governor's Awards earlier this week, also has a hit wine on her hands. Wine Spectator has named the Jolie-Pitt & Perrin Cotes de Provence Rose Miraval the best rosé wine in the

world. The wine is "refined and elegant, offering pure and concentrated flavours of dried red berry, tangerine and melon," managing editor Kim Marcus writes. "The focused finish features flint and spice notes, with a hint of cream." A bottle retails for \$28, for those looking to share in the celebration.



Adam Brody

## Brody blindsides his girl with abrupt proposal

Former The O.C. star Adam Brody knows how to catch a girl off-guard. He reportedly blindsided girlfriend and former Gossip Girl star Leighton Meester with a marriage proposal, according to Star magazine. "Leighton and Adam are crazy about each other and have talked about getting

married eventually," a source explains. "But she had no idea he would propose so soon. It was the surprise of her life and she's ecstatic. Right now their plan is to get married next summer. They are still deciding on (where to do it)."

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# Model call: Kloss is now in session



Vogue Paris named Karlie Kloss one of the top 30 models of the 2000s.  
GETTY IMAGES

Over the buzz of the blow dryer, we caught up with supermodel Karlie Kloss behind-the-scenes of the Victoria's Secret Fashion Show. Wearing bell bottoms and a pink robe, Kloss was the picture of composure in her styling chair — a calm contrast to the frantic stylists and press running around the huge pink room. The newly 21-year-old Angel lets us in on her chopped locks and face favourites.

**You debuted a drastic haircut last year. Are you planning on growing it out?**  
I am loving the short hair.

## Eau de Cheveux

**"When you're with a boy, it's always nice to have your hair smell good! It's better than perfume."**

Karlie Kloss

That's the thing about a great cut — you don't have to style it. I find my short hair to be so much easier in the morning. And it's different for me. I've never done this before. Last year at this time was when I first cut it and shocked everyone. I've gotten used to it now and I

really love it.

## Any beauty tips or products you're loving?

There's this line that Victoria's Secret has called So Sexy that smells so good. There's something about the shampoo and the conditioner. When you're with a boy, it's always nice to have your hair smell good! It's better than perfume. I also love when I'm going out for a night and wearing a short dress, to put a little bit of olive oil on my hands, and put it onto my legs. I just rub it on my skin for a nice sheen. It looks really good and it photographs really nicely.

# A merry makeover to everyone

**At lash, my blush has come along.** Dolce & Gabbana's makeup guru is all about bold as the weather gets cold

TINA  
CHADHA  
Metro World News

Put your favourite orange lipstick away already: Dolce & Gabbana national makeup artist Christian McCulloch says that fall/winter is all about the richer tones, like fuchsia and burgundy.

To style the new bold pout, go easy on the eyes, he says.

"It's fresher without a heavy eye," says McCulloch. "A pale shadow, like a gold or champagne, is really pretty and easy, because it doesn't require precision. Just something shimmery across your eyelid with great lashes."



Christian McCulloch  
CONTRIBUTED

But what's the makeup artist — who gets Scarlett Johansson and Michelle Williams red-carpet ready — really loving?

"My big thing at the moment is lashes and lips," says McCulloch. "Really amazing lashes, maybe with a winged eyeliner." He shows us how to create the look.

**Create a cat-eye**  
"It's tricky," admits McCulloch.

He suggests sketching out your line softly first with a pencil. "This is to see the angle, and to see how it looks with your eye open before you go in with a liquid applicator," he says. "If you paint a flick on an eye when it's closed, it can look a bit too horizontal when you open your eye. Look in the mirror and see where you want that flick, and then create a tiny dot with a pencil and paint from that dot down toward the corner of your lashes. I also take the pencil and run it along the inner rim of the eye, top and bottom. That'll create that (feline) Sophia Loren, Audrey Hepburn look."

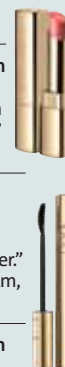
## Thick or thin?

"I like a thicker cat eye," says the artist. "Thick is cool; it makes it strong. It doesn't have to be Amy Winehouse-level, but that Kate Mossy thing is nice."

## Now for the cheeks

## His must-haves

- **Dolce & Gabbana Passion Duo lipstick in Feminine.** "It's a pinky-brown with a little bit of shimmer in it." \$35, saksfifthavenue.com
- **A good lip balm.** "Nuxe has a lovely, waxy honey lip balm, which is great conditioning for the winter." Nuxe Reve de Miel lip balm, \$19, amazon.com
- **Dolce & Gabbana Passion Eyes mascara.** "The new



mascara actually has a curling quality. We've all been quite shocked that it actually lifts and curls the lashes without having to use an eyelash curler prior." \$32, sephora.com



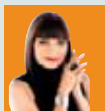
"I'm not one for heavy-duty cheek colour," says McCulloch. "But I do love to bring in bronzer to the cheek through winter. In winter, you want a little colour in your face too! Dolce & Gabbana has a bronzing colour called Desert, which I use for contouring. The two blush colours I use most are an apricot

and a pale pink to create a soft flush on the cheek."

## Party-ready

"I always like sparkle. Shimmery and metallic eye shadows are fun. Also, liquid liner is a great party look. I think a liner along the lash line and winged out is beautiful."

## Twitter



JEANNE  
SPACE  
Jeanne Beker  
life@metronews.ca

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With my hunky firefighter #heroes who helped raise lots of money @HRRH\_Foundation benefit tonite #onfire #call911



Chic afternoon on Chabanell  
Working in #Montreal with @DerubTania on @EDITbyJeanneB FW2014

## Trends Report

Tired of the same old long hair styles? Have you considered rocking a pixie cut, like Hunger Games star Jennifer Lawrence? You may be nervous to take the bold snip but don't be! Go online to Trends Report to see how one woman transformed her long locks into a fierce pixie cut.

Follow Irene on twitter @MetrolreneK or on Instagram: kuanirene

metronews.ca/  
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3  
THE

# I've got cabin fever

Baby, it's cold outside. Now that the summer cottage is a distant memory, warm up your space with these retro lodge accessories. They'll help take you back to the country.



**DESIGN CENTRE**  
Karl Lohnes  
home@metronews.ca

Iconic art, now available for the sofa. Charles Pachter Baywatch Pillow, \$95, thebay.com.



Take a walk on the wild side — this rug combines style, whimsy and comfort underfoot. Tufted six by eight foot Ursine Rug, \$1,000 US, anthropologie.com.



Dream of the slopes while you're eating breakfast. Retro Vinyl Ski Place Mat, \$3.50, simons.ca.



From baking a cake to frying fish, cast iron is the little black dress of the kitchen. Lodge Cast Iron Grill Pan, \$25, westelm.com.

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# All work and no fun makes for bad decor

**Bonus rooms.** Families are turning home offices into homework hubs, game rooms, dressing rooms or kids' theatres

The home office, it seems, is going the way of the fax machine.

Thanks to WiFi and tablets, business can be done just about anywhere.

In fact, among major home-renovation projects, home-office improvements provide the puniest return on the investment when a home is resold, according to Remodeling magazine's 2013 Cost vs. Value report.

Interior designers say families are finding more inventive uses for their home's extra little rooms — optimistically called "bonus rooms" by real estate agents.

So instead of that dust-collecting desk, many families are seeking creative ways to customize these alcoves as game rooms, dressing rooms, small theatres and more.

"I get this question a lot," says Elizabeth Cb Marsh, an associate interior designer at Jenkins Baer Associates in Baltimore. "Especially in large, new-construction homes, there are these bonus rooms that are just there."

When her clients make over a pre-existing office, she usually recommends trying to preserve any built-in features, such as shelving or cabinetry. If the space is large enough, she says,

one option is to create a billiards room. Find a small pool table to place in the centre of the room.

If there's a wood counter, retrofit the top with a waterproof material such as stone for an elegant wet bar, and if you have the budget, install plumbing for a small sink. Add bar stools, a high-top cocktail table and a pendant lamp over the pool table.

A smaller office can have a second life as a luxe dressing room, according to Marsh. Whether you draw inspiration from Downton Abbey or certain Beverly Hills housewives, the first step is to install a wall of shelving for shoes and clothes.

Keep the decor minimalist, she advises, with a neutral paint colour, a pair of sconces, and a tufted ottoman in the centre of the room.

Add a floor mirror and a vanity, and accessorize with vintage hatboxes, a dress form or an antique trunk. If the room has windows, be sure to hang light-filtering curtains to protect your clothing.

Families with children have even more options for converting an office space. These days, it is common to transform a dull study into a kids' homework hub, says Pam Ginocchio, co-founder of the children's design blog Project Nursery.

To begin, she recommends giving each kid a workspace: a small metal desk in a fun colour with a clip-on lamp and a comfy swivel chair. Create a comfortable reading nook on the floor with beanbags. Then mount floating shelves from

floor to ceiling and display books with the covers facing out to entice young readers. Appoint one wall as a place for scribbling ideas or displaying schoolwork by applying a layer of magnet paint and then chalkboard paint from floor to ceiling.

Consider allowing a computer for older kids' homework, but try to banish video games and other distractions,

## Reinventing your office space

**"Having this little bonus room almost gives you the excuse to go wild. You don't have to spend a ton of money or think, what's going to be my return on investment? It's a chance to have fun."**

Pam Ginocchio, co-founder of the children's design blog Project Nursery

says Project Nursery co-founder Melissa Fluhr, who stresses the value of a quiet, contemplative

space. If contemplative is not your family's speed, Fluhr suggests using the bonus room as

an off-off-off-Broadway theatre. For a kid who likes to perform skits, play songs and choreograph dances, build a basic plywood stage in the corner of the room. Above that riser, hang a rounded shower-curtain rod and a pair of dark, tab-top curtains. Hang costumes and dress-up clothes in a cubby, and store puppets, musical instruments and other props in a toy chest.

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These days, it's common to transform a dull study into a kids' homework hub, says Pam Ginocchio, co-founder of the children's design blog Project Nursery. Above, a children's homework hub in New York City.

GREG MCCHALE/ON THE REAL/PROJECT NURSERY.COM

# A low in calories and fat chocolatey peanut butter indulgence? Rejoice!



**ROSE REISMAN**  
For more, visit  
rosereisman.com or  
follow her on twitter  
@rosereisman

Peanut butter, cheesecake and chocolate flavours combine to make this an outstanding, decadent dessert. I keep the fat and calories down by using a combination of ricotta and light cream cheese and more cocoa powder than chocolate.

1. Preheat the oven to 350 F. Lightly coat a 9-inch spring-form pan with cooking spray.

2. To make the brownie layer beat together the sugar, oil, egg and vanilla in a bowl. In another bowl, stir together the flour, cocoa and baking powder. Stir the wet mixture into the dry mixture just until combined. Stir in the sour cream and chocolate chips. Pour the mixture into the pan.

3. To make the cheesecake layer

## Ingredients

### Brownie Layer

- 2/3 cup granulated sugar
- 1/4 cup vegetable oil
- 1 large egg
- 1 tsp vanilla extract
- 1/3 cup all-purpose flour
- 1/3 cup unsweetened cocoa powder
- 1 tsp baking powder
- 1/4 cup reduced-fat sour cream
- 1/4 cup semisweet chocolate chips

### Cheesecake Layer

- 1 1/2 cups reduced-fat ricotta cheese
- 1 cup granulated sugar
- 1/2 cup softened reduced-fat cream cheese
- 1/3 cup reduced-fat sour cream
- 1/3 cup smooth natural peanut butter
- 1 large egg
- 2 tbsp all-purpose flour
- 1 1/2 tsp vanilla extract
- icing sugar for decoration

## Peanut Butter Brownie Cheesecake



This recipe serves 12 and is 304 calories and 14 grams of fat per serving. ROSE REISMAN

cream cheese, sour cream, peanut butter, egg, flour and vanilla in a food processor. Process until smooth. Pour the mixture on top of the brownie layer.

4. Bake the cheesecake in the centre of the oven for 35 minutes. The brownie layer may rise slightly around the edges. Chill before serving. Decor-

ate with the icing sugar (with optional chocolate sauce and toasted peanuts).

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This outrageously styled pastry app offers flavourful cheesecakes, inventive tarts, and heartwarming dessert classics. It includes videos, timers, recipe finders, and a basics guide to help you invent your own.



# So picture perfect you'll want to take a selfie with it

Delight your guests with this delicious yet surprisingly guilt-free Tiramisu. Ideal to take along to either work or family parties, this Italian delicacy is a great, time-saving dessert that can be prepared up to eight hours in advance and served as needed. Lightly sweetened with naturally-sourced stevia, it's the perfect way to sensibly indulge.

1. Combine coffee and one packet of Pure Via Turbinado. Stir until the sweetener is dis-

## Ingredients

- 1/2 cup (125 ml) warm, strong coffee
- 9 packets or 4 1/2 tsp Pure Via Turbinado Raw Cane sugar and stevia blend sweetener
- 1/2 cup (125 ml) part-skim ricotta cheese
- 1/2 cup (125 ml) prepared light whipped topping
- 1/2 tsp (2 ml) vanilla extract
- 8 crisp ladyfingers
- 1 tsp (5 ml) unsweetened cocoa



A serving of this Tiramisu is 264 calories and 8 grams of fat. NEWS CANADA

solved. Let coffee cool until lukewarm.

2. Meanwhile, whisk together ricotta cheese, whipped topping, the additional Pure Via Turbinado sweetener and vanilla. Refrigerate until ready to use.

3. Place coffee in shallow bowl. Dip four of the ladyfingers into coffee and let stand about five seconds.

4. Remove and place two ladyfingers side by side on a plate for each tiramisu. Spread each tiramisu with 1/4 of the ricotta

mixture. Sprinkle each with 1/4 teaspoon (1 ml) of the cocoa. Repeat dipping and layering. Discard any remaining coffee.

5. Refrigerate, covered with plastic wrap, at least two and up to eight hours before serving. **NEWS CANADA/PUREVIA.CA**

## Dessert. Raspberry Coulis with Molten Lava Truffle Cakes



1. In blender, purée raspberries and their juices, sugar and lemon juice until smooth. Pour through fine-mesh sieve over bowl. Using rubber spatula, press purée through sieve. Discard solids. Refrigerate coulis.

2. Preheat oven to 425 F (220 C). Generously butter six 3/4-cup (175 ml) ramekins.

3. In bowl, combine cake mix, eggs and melted butter. Using wooden spoon, stir 30 seconds to moisten. Scrape side of bowl. Stir for 1 minute. Batter will be very thick. Spoon evenly into prepared ramekins. Place ramekins on baking sheet. Bake in centre of oven for 9 minutes or until edges are set but centre is still soft. Remove from oven and let stand for 5 minutes

4. Spoon 2 tbsp (25 ml) coulis onto each of six dessert plates. Carefully invert one cake onto each of the plates. Dust with icing sugar and garnish with a mint sprig, if desired. Save remaining coulis to drizzle over ice cream.

**NEWS CANADA/PC.CA**

## Ingredients

- 2 cups (500 ml) whole frozen red raspberries, thawed
- 1/2 cup (125 ml) icing sugar
- 1 tsp (5 ml) fresh lemon juice
- 1 pkg (300 g) President's Choice The Decadent Molten Chocolate Cake Baking Mix
- 2 eggs
- 1/4 cup (50 ml) unsalted butter, melted

# RICH, INVIGORATING HUES FOR 2014

The DULUX® brand has given new meaning to the words “fresh paint” with the unveiling of its 2014 paint trends forecast. The colourful palette is filled with rich, invigorating hues that represent renewal and refreshing change, says the leading Canadian paint brand.

“After four economically-difficult years, people are starting to let out their collective breath and are ready for new beginnings, which is translating into a movement towards fresh and creative colours,” says Martin Tustin-Fuchs, brand manager for DULUX paint. “As a result, we’ll see novel shades and unexpected combinations of colours in the year ahead in all areas of home decor.”

Here is what’s trending in each colour family:

**Reds:** The berry tones of the past few years are being replaced by vibrant reds with orange undertones. Think tomato red, a tangy attention-grabbing colour that pairs well with warm browns, spicy oranges, and golden yellows.

**Oranges:** Terracotta and spice hues will be all the rage in the coming year, moving



Sea Isle Green



Tender Rose Red



Omega Yellow

CONTRIBUTED PHOTOS

away from the melon and pink-orange tones of seasons past.

**Yellows:** Trendy yellows for 2014 range from gentle pastels to cheery brights to antiqued golds, all exuding an air of warmth and optimism.

**Greens:** Building off the growing popularity of emerald and teal, the 2014 greens

take their cue from lavish jewel tones. Leaning more towards blue than yellow, the hottest green shade for the year is cool mint.

**Blues:** Oceanic blues will take centre stage in the blue family over the coming year. From deep, Mediterranean Sea-like colours to tropical Caribbean tones and the airy, ethereal hues reminiscent of the Earth’s

atmosphere, the new blues take on a natural dazzle.

**Violets:** Purples will move in two different directions in 2014, towards both red-purples and blue-purples. Those with reddened undertones are vibrant and daring, while blue-tinged violets are soft, diluted and retreating.

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# SASKATCHEWAN IS BRIMMING WITH PROMISE

Real estate developers and industry insiders are watching Saskatchewan with a keen eye as the province has blossomed into the land of promise.

The Prairie province's economic growth potential should be seen as a wealth of future opportunity for the real estate sector, says Jaimey Midtdal, spokesperson for the Red Door Venture Group.

"There is real estate potential as far as the eye can see in Saskatchewan and it is potential that investors should be taking

advantage of," Midtdal says. "The amount of undeveloped land has attracted real estate developers who see a bright future and burgeoning economy."

The Regina-based real estate marketing company is making the best of the province's solid economic foundations and building a variety of some of the best valued homes in the area, Midtdal says.

The company is teaming up with outstanding local developers to deliver high-quality developments across the

province. The vast amount of undeveloped land in Saskatchewan has left the real estate market wide open for new and innovative real estate opportunities for developers and buyers.

Red Door Venture Group works with developers starting at the land acquisition stage all the way through to the concept design and sales stages.

For more about Red Door Venture Group, or to schedule a complementary consultation, visit [RedDoorVentureGroup.ca](http://RedDoorVentureGroup.ca).



COLOURBOX



PHOTOIR/COLOURBOX

## THE CROSSROADS TO A NEW LIFE CAN BE YOURS

Enter into the next stage of your life at Crossroads of Rutherford in Edmonton's established Rutherford neighbourhood.

"The condos and townhomes at Crossroads of Rutherford are designed to be practical and adaptable for young couples, families or downsizers," says Nicholas Carels, manager for Crossroads of Rutherford.

Visitors will get a chance to see what their future at Crossroads of Rutherford could look like when two new apartment-

style show homes open later this month.

One show home will have the standard finishings, including carpet and linoleum flooring, and a six-piece appliance package in black, white or stainless steel. The other show home will feature many of the upgrades buyers can get, including granite countertops and hardwood flooring.

The apartment condos at Crossroads of Rutherford range from 630 square feet to 1,260 square feet, with generous

bedrooms, walk-in closets and balconies. Prices start at \$161,950.

The Crossroads of Rutherford show home apartments will open at 1820 Rutherford Rd. later this month, while the townhome show homes are now open, located down the block at 1816 Rutherford Rd. Hours are Monday to Thursday, from 3-8 p.m., and weekends from noon to 5 p.m.

For more information, please visit [streetsideedmonton.com](http://streetsideedmonton.com).

## WE TURN IDEAS INTO PROFIT

### WHO ARE WE?

Red Door Venture Group is a multi-faceted firm dedicated to real estate developers that are looking to make their mark in the booming province of Saskatchewan.

Our commitment is to produce turn-key developments for clients from land acquisition to concept and design to sales. We have an easy all-service system available to our clients.

Whether you are a long-term Saskatchewan developer or a new developer interested in Saskatchewan, we are the ones to turn to.

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# A TOUCH OF CANADIANA DURING THE HOLIDAYS

Canadians take pride in the fact that they are from the Great White North, so it's only fitting that they would take to the idea of combining a Canadiana with their Christmas decorations.

Here are six Canadian Christmas decoration ideas.

## FAMILY FOCUS

A great idea that will make everyone feel special is including personal portraits or photographs of the family in your decorations.

## THE MAPLE LEAF

The maple leaf is probably the most recognized symbol of Canadian culture. Since the colour scheme of the Canadian flag is red and white, why not spray paint maple leaves and include them in your decorations? You can have a combination of green, brown, red and white maple leaves, which will also fit in nicely with the colour scheme of Christmas.

## MERRY MOOSE

We all know that reindeers are synonymous with Christmas, but why

not be different and include the traditional moose in your Canadian decoration ideas? You can do this in the form of an ornament in the centre of your dining table decorations.

## FIREPLACE FESTIVITIES

If you are one of those lucky families with a fireplace, you have to make optimum use of it. Fireplaces are the perfect platforms for Christmas decorations.

## HOCKEY ORNAMENTS

Pay homage to the sport that has given you such pleasure over the years by hanging skates rather than stockings and stuffing them with goodies. — *Comfree*



IMAGE SOURCE/THINKSTOCK

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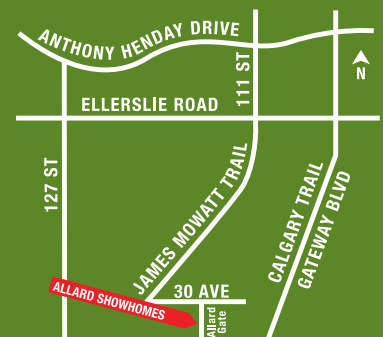
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# Riders head coach deflects pressure

**Grey Cup.** Chamblin and host team have faced huge expectations all year, culminating Sunday

They're the overwhelming favourite as Grey Cup hosts and are carrying the weight of an entire province's expectations.

But the pressure is off the Saskatchewan Roughriders, according to head coach Corey Chamblin. He says getting to Sunday's CFL championship was the real challenge.

"The biggest pressure for our team was making sure no one else sat in our locker-room," Chamblin said Wednesday at the annual Grey Cup coaches' news conference. "It's about working all off-season, all year to protect your house and that was the biggest thing and the biggest pressure we had."

"We're in it now and as I tell the guys, if we're good enough to be in it we're good enough to win it. It's time for it to be decided now on the football field, not in the media, not with trash-talking."

Riders general manager Brendan Taman made it clear early this off-season he was serious about fielding a Grey Cup contender with Regina hosting the big game. He acquired receiver Geroy Simon from the B.C. Lions before adding defensive linemen Ricky Foley and John Chick and defensive back Dwight Anderson in free agency.

Not only are Simon, Foley, Chick and Anderson all CFL vet-



Roughriders head coach Corey Chamblin speaks to the media in Regina on Tuesday. NATHAN DENETTE/THE CANADIAN PRESS

## Quoted

**"If that's what it takes for them to win a championship then go right ahead."**

Roughriders head Corey Chamblin when asked the traditional question of whether or not he's OK with his players having sex on the eve of the Grey Cup.

erans but each has a Grey Cup ring, Chick earning his with the Riders in 2007 before heading to the NFL. However, adding experienced performers to an already solid core only served to jack up expectations in football-mad Saskatchewan, especially

after both B.C. and Toronto had captured Grey Cup titles as the host city the past two years.

The Riders might be playing on their home field but Chamblin is attempting to reduce distractions by putting players in hotels and imposing a nightly

## Visitors in the cold

### Ticats weather Prairie chill

For Hamilton Tiger-Cats like Josh Bartel, Mosaic Stadium might as well have been on Pluto given the frigid temperatures Wednesday.

The Eastern champion Ticats ventured outside into the Grey Cup deep freeze and it didn't take long before players with visors looked like they needed an ice-scraper to see. Warm-air heaters drew a crowd. And when the lengthy practice ended, two snowplows took over the field.

The Hamilton players exchanged helmets for Grey Cup tuques and happily headed for the warmth of their hotel.

"I've told the boys that I'm going to be doing a lot of complaining (Sunday)," said Bartel, Hamilton's Australian punter.

The temperature was listed at minus-16 but it felt like minus-28. The forecast for Sunday is improved, with a daytime high of minus-one and low of minus-12. **THE CANADIAN PRESS**

curfew.

"When you look at the Grey Cup, it's a championship game (involving) the two best teams in the league," he said. "The biggest thing is I want them to stay in the routine they've been in, that they only think football."

**THE CANADIAN PRESS**

## MLB

### Source says Fielder traded by Tigers

A person with knowledge of the deal says the Detroit Tigers and Texas have agreed to a trade that would send slugger Prince Fielder to the Rangers for second baseman Ian Kinsler. The person spoke on condition of anonymity Wednesday night. **THE ASSOCIATED PRESS**

## Tennis

### Bouchard named newcomer of 2013

Canadian Eugenie Bouchard is the WTA's newcomer of the year after reaching at least the quarter-finals five times in the 2013 season.

The 19-year-old Montreal native is ranked No. 32 in the world, tops among teenagers and Canadians. She reached her first WTA final in Osaka last month.

**THE CANADIAN PRESS**

## NHL

### Pens continue to dominate Caps with shutout win

Seeing the Pittsburgh Penguins hasn't been a good thing for the Washington Capitals for a long time.

Beyond the one-sided playoff history of the rivalry, the Penguins have recently had the Capitals' number. That continued Wednesday night with a 4-0 blowout victory at Verizon Center, their fifth straight victory in the series.

In those five games, Pittsburgh has scored 21 goals to Washington's nine. **THE CANADIAN PRESS**



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Oilers Andrew Ference, left, goalie Devan Dubnyk and Jeff Petry celebrate the 7-0 win over the Blue Jackets at Rexall Place on Tuesday night. JASON FRANSON/THE CANADIAN PRESS

# Playoff hopes still look bleak for last-place Oilers



**THE HOCKEY NEWS**  
Ryan Kennedy  
edmonton@metronews.ca

You don't have many nights like the Oilers had against Columbus on Tuesday, where pretty much everything goes your way and the opponent is blown out of the water.

Certainly those days have been in short supply in Edmonton, where the Oilers find themselves last in the Western Conference and 29th overall in the NHL. But it's important for this squad to celebrate these outings — not for long and not too loudly of course, but it is important. Sad to say, the Oilers are basically out of the playoffs already. It seems like an unfair assessment to lay so early, but historically

their odds aren't good and made even worse by the fact the Western Conference is so much stronger than the East this year. As has been noted far and wide, not a single team in the East would have made the post-season if they were in the West as of Wednesday morning; a truly incredible stat. So to think the Oilers are going to leapfrog any of those squads, not to mention the others that are close (the Canucks aren't even in a post-season slot right now) is, frankly, stretching logic.

But back to the good. Seven goals and a shutout in one game! That's something to build on. Sure, netminder Devan Dubnyk wasn't busy against Columbus, but he did stop all 14 Blue Jackets attempts and that's all you can really ask of him. And then

there was David Perron, who notched two goals and four points to pace the Edmonton attack. Brought in via trade from St. Louis as a veteran forward who could play in his own end but also has sniping ability, Perron showed off the full arsenal and it is important for him to stay on track this season. Finding chemistry that will continue over to next year can never be a bad thing.

And in a general sense, it's nice for the dressing room to have a night where the boys can crack a few smiles after the game and enjoy themselves. Losing is not fun for professionals, who have usually been the best athletes around for most of their lives.

Edmonton fans may be sick of these Oilers cherishing the odd win, but a real victory is better than a moral one.

## Cycling

### Armstrong settles lawsuit with company

A day before he was scheduled to give sworn testimony about his use of performance-enhancing drugs, Lance Armstrong reached a settlement on Wednesday with an insurance company that was seeking \$3 million in performance bonuses it paid him from 1999 to 2001.

Nebraska-based Acceptance Insurance sued Armstrong in Texas earlier this year after he admitted he doped during a career in which he won the Tour de France seven times.

Acceptance attorney Mark Kincaid and Armstrong attorney Tim Herman declined to disclose details of the settlement, but both said the case was "resolved to the mutual satisfaction of the parties."

The settlement means Armstrong will not need to show up for a Thursday deposition in Austin, where he was expected to be asked to detail drug use throughout his career. **THE ASSOCIATED PRESS**

## In good hands. Welker's catching prowess a big part of Broncos offence

There are some things in life that just get better with age. Love letters. Fine wine. The rapport between a receiver and his quarterback.

Yet, Wes Welker hasn't wasted any time becoming Peyton Manning's top target, just as he quickly became Tom Brady's bull's-eye in New England.

Welker set a franchise record with 112 catches his first year with the Patriots in 2007, when Brady set the NFL record with 50 touchdown passes.

Manning is on pace to break that mark with 54 TDs this season, thanks in good measure to Welker, who has already matched his career high with nine TD catches.

The Broncos are on pace to score 636 points, which would break the NFL record of 589 set by the '07 Patriots.

Welker is the common denominator.

With a team-best 61 catches, he's had an immediate impact in Denver, where the Broncos were already rich at receiver and even though in Manning's mind, it takes years, not months, for a QB and a receiver to work out the kinks.

Those who know Welker



Broncos receiver Wes Walker  
JACK DEMPSEY/THE ASSOCIATED PRESS

say he sped up that process through an uncommon mixture of talent, work ethic and determination, the very attributes that have made him the league's pre-eminent slot receiver.

"The biggest thing I see is the competitive nature," Broncos interim head coach Jack Del Rio said. "Those two guys are as competitive as they come, and I think that's part of the fuel that drives him to work the way he works at being prepared and at being on the same page."

**THE ASSOCIATED PRESS**

## NHL

### EASTERN CONFERENCE

#### ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	21	14	6	1	59	38	29
Tampa Bay	21	14	7	0	66	55	28
Toronto	21	13	7	1	62	49	27
Detroit	22	9	6	7	54	62	25
Montreal	22	11	9	2	58	47	24
Ottawa	22	8	10	4	63	71	20
Florida	22	6	12	4	49	72	16
Buffalo	23	5	17	1	42	72	11

#### METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	22	14	8	0	63	48	28
Washington	22	12	9	1	69	63	25
NY Rangers	21	10	11	0	43	52	20
Carolina	21	8	9	4	40	59	20
New Jersey	20	7	8	5	42	49	19
NY Islanders	22	8	11	3	63	73	19
Philadelphia	20	8	10	2	40	50	18
Columbus	21	7	11	3	52	64	17

#### Wednesday's results

Minnesota 4 Ottawa 3  
Pittsburgh 4 Washington 0  
New Jersey at Anaheim  
Columbus at Calgary

#### Tuesday's results

Toronto 5 NY Islanders 2  
Nashville 2 Detroit 0  
St. Louis 4 Buffalo 1  
Edmonton 7 Columbus 0  
Florida 3 Vancouver 2 (SO)  
Colorado 5 Chicago 1  
Los Angeles 5 Tampa Bay 2  
Philadelphia 5 Ottawa 2  
Montreal 6 Minnesota 2  
Boston 2 NY Rangers 1

## MLS PLAYOFFS

### CONFERENCE CHAMPIONSHIPS

(2-game series; aggregate goals)

#### EASTERN CONFERENCE

##### KANSAS CITY VS HOUSTON

Leg 2 — Saturday's game  
Houston at Kansas City, 7:30 p.m.

#### WESTERN CONFERENCE

##### SALT LAKE VS PORTLAND

Leg 2 — Sunday's game  
Salt Lake at Portland, 9 p.m.

### WESTERN CONFERENCE

#### CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	22	14	4	4	79	66	32
Minnesota	23	14	5	4	61	53	32
St. Louis	20	14	3	3	70	47	31
Colorado	20	15	5	0	64	42	30
Dallas	20	11	7	2	58	56	24
Winnipeg	23	10	10	3	61	66	23
Nashville	21	10	9	2	48	63	22

#### PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	23	15	6	2	72	59	32
San Jose	21	13	3	5	72	50	31
Phoenix	21	14	4	3	73	66	31
Los Angeles	22	15	6	1	63	48	31
Vancouver	23	11	8	4	58	61	26
Calgary	21	7	11	3	59	79	17
Edmonton	23	6	15	2	60	83	14

Note: Two points for a win, one point for overtime loss.

#### Thursday's games — All times Eastern

St. Louis at Boston, 7 p.m.  
Nashville at Toronto, 7 p.m.  
Buffalo at Philadelphia, 7 p.m.  
Carolina at Detroit, 7:30 p.m.  
Chicago at Winnipeg, 8 p.m.  
NY Rangers at Dallas, 8:30 p.m.  
Colorado at Phoenix, 9 p.m.  
Florida at Edmonton, 9:30 p.m.  
New Jersey at Los Angeles, 10:30 p.m.  
Tampa Bay at San Jose, 10:30 p.m.

#### Friday's games

Montreal at Washington, 7 p.m.  
NY Islanders at Pittsburgh, 7 p.m.  
Florida at Calgary, 9 p.m.  
Tampa Bay at Anaheim, 10 p.m.  
Columbus at Vancouver, 10 p.m.

## CFL PLAYOFFS

### GREY CUP

Sunday's game — All times Eastern  
Hamilton at Saskatchewan, 6 p.m.

#### DIVISION FINALS

##### EAST DIVISION

Sunday's result  
Hamilton 36 Toronto 24

##### WEST DIVISION

Sunday's result  
Saskatchewan 35 Calgary 13

## NFL

Thursday's game — All times Eastern

New Orleans at Atlanta, 8:25 p.m.

#### Sunday's games

Minnesota at Green Bay, 1 p.m.  
Jacksonville at Houston, 1 p.m.  
San Diego at Kansas City, 1 p.m.  
Chicago at St. Louis, 1 p.m.  
Pittsburgh at Cleveland, 1 p.m.  
Tampa Bay at Detroit, 1 p.m.  
N.Y. Jets at Baltimore, 1 p.m.  
Carolina at Miami, 1 p.m.  
Tennessee at Oakland, 4:05 p.m.  
Indianapolis at Arizona, 4:05 p.m.  
Dallas at N.Y. Giants, 4:25 p.m.  
Denver at New England, 8:30 p.m.

#### Monday's game

San Francisco at Washington, 8:40 p.m.

## NBA

### Wednesday's results

Miami 120 Orlando 92  
Toronto 108 Philadelphia 98  
Washington 98 Cleveland 91  
Indiana 103 New York 96 (OT)  
Charlotte 95 Brooklyn 91  
Atlanta 93 Detroit 85  
L.A. Clippers 102 Minnesota 98  
Portland 91 Milwaukee 82  
New Orleans 105 Utah 98  
San Antonio 104 Boston 93  
Sacramento 113 Phoenix 106  
Houston at Dallas  
Memphis at Golden State

#### Tuesday's results

Washington 104 Minnesota 100  
Miami 104 Atlanta 88  
Detroit 92 New York 86  
Houston 109 Boston 85  
Sacramento 107 Phoenix 104

#### Thursday's games — All times Eastern

L.A. Clippers at Oklahoma City, 8 p.m.  
Chicago at Denver, 10:30 p.m.

#### Friday's games

Milwaukee at Philadelphia, 7 p.m.  
Phoenix at Charlotte, 7 p.m.  
Washington at Toronto, 7 p.m.  
Indiana at Boston, 7:30 p.m.  
Atlanta at Detroit, 7:30 p.m.  
Brooklyn at Minnesota, 8 p.m.  
San Antonio at Memphis, 8 p.m.  
Cleveland at New Orleans, 8 p.m.  
Utah at Dallas, 8:30 p.m.  
Chicago at Portland, 10 p.m.  
Golden State at L.A. Lakers, 10:30 p.m.



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